



## In an effort to ensure that you and your family is prepared at home and to support National Preparedness Month

### The Tip of the Week

#### ICE Your Cell Phone

By Cynthia Kirkeby Nov 16, 2008, 06:16

Paramedics are asking that everyone add at least one additional entry to their cell phone contacts list. Please add an ICE entry. ICE stands for In Case of Emergency. This number should dial the person in your family that can respond to medical decisions if you are injured or incapacitated.

If you are in an accident, paramedics know to check your phone for your emergency contact information. Imagine taking a look and trying to figure out who to call out of the twenty or more numbers on your phone. By adding a contact entry that's designated as an emergency contact number (ICE), you can make their job much easier and possibly save your own life.

So program an ICE entry on your cell phone today, as a matter of fact, pull it out right now as you're reading this article. If you have more than one person the paramedics can contact in case of an emergency, you can add additional ICE numbers to your list. Your primary contact should be listed under ICE, then you can add the other contacts under ICE1, ICE2, ICE3, etc.

After you program ICE into your phone, have your spouse, your kids, your parents, and your friends do the same thing. If there are people in your life that you care about, they should all have ICE on their phones.

**How to Add ICE to Your Cell Phone** - Adding ICE ("In Case of Emergency") to your phone is a clever means by which emergency personnel can locate your next of kin when something goes wrong. This simple idea was developed by a British paramedic, Bob Brotchie, who recognized the need for speed when emergency personnel are trying to locate next of kin during disaster situations. Here is the simple way to keep your loved ones informed.

1. Open your cell phone's address book.
2. Program ICE - "In Case of Emergency" - with the name of your emergency contact into your speed dial. For example: "ICE Bob", "ICE Mom", "ICE Mrs Crabby".
3. Let other family members and friends know. Alert family members that you have done this and encourage them to do so as well. This will help speed up responses from emergency personnel when they have to decide who to call in case of your injury.
4. Put an ICE Sticker on the phone to alert others you have an ICE Contact. <http://www.icesticker.com>
5. Owners of iPhones can download the "iEmergency+" app from the Apple app store



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