

# Be Prepared



## Your Phone™

Originally established in the U.K., the ICE Your Phone™ campaign encourages mobile phone users to enter in emergency contact information into their mobile phone under the heading of ICE, an acronym for In Case of Emergency. ICE allows paramedics or emergency responders to contact the designated relative/next of kin in an emergency situation in the event the user is incapacitated.

### How to ICE Your Phone:™

- **Choose** a responsible person to be your In Case of Emergency (ICE) Contact. Record their information.
- **Inform** your ICE Contact that you have chosen them as your designated contact and provide them with information that may affect your treatment. Remember to provide your "MAD", for Medicines, Allergies and Doctors.
- **Add** this contact as a new entry, with their phone number, in your mobile phone address book under the heading "ICE". Example: ICE-William or ICE-Dad.
- **Apply** an ICE Sticker™ to the back of your phone. This will serve as a visual alert that you have established a communication protocol.

[www.icesticker.com](http://www.icesticker.com)

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