

I.C.E

In Case of Emergency

On your phone, load the following contact: I C E

This means: In Case of Emergency

The telephone number you enter for your **ICE** contact will be that of the person you wish the Emergency Services (i.e. Ambulance) should contact if you are incapacitated (unconscious).

This can be your **husband, wife, child** or **parents**.

Example Contact: **ICE - Father** or **ICE - Hubby**

Why is this Important?

This is very important, not only to notify your family members of your whereabouts (i.e. **which hospital the ambulance took you to**), but also to find out if you have any **allergies**, what **medication** you take, etc. All of which is **necessary** for your **treatment**.

It is also important so your personal effects can be collected, and not get lost.

ICE your phone now!

Emergency personnel are trained to look for this number on your mobile phone.