

Have you put ICE in your mobile?

By entering the acronym **ICE** – for **In Case of Emergency** – into a cellular or mobile phone's phone book or contacts list, users can log the name and number of someone who should be contacted in an emergency. Emergency personnel know to look for this acronym in your mobile phone contacts list or phonebook, and can use it to contact your emergency contact.



ICE ADVICE

Follow these hints to get the best out of ICE:

- Make sure the person whose name and number you are giving has agreed to be your ICE partner
- Make sure your ICE partner has a list of people they should contact on your behalf - including your place of work
- Make sure your ICE person's number is one that's easy to contact, for example a home number could be useless in an emergency if the person works full time
- Make sure your ICE partner knows about any medical conditions that could affect your emergency treatment - for example allergies or current medication
- Make sure if you are under 18, your ICE partner is a parent or guardian authorized to make decision on your behalf - for example if you need a life or death operation
- You may consider making more than one entry (ICE 1, ICE 2...) if your emergency contacts are sometimes difficult to get in touch with.