

ICE'ng On The Cake!

Encourage your family, friends and loved ones to make an ICE entry in their cell phone, especially if it will give them peace of mind. Always include written emergency contact and medical information elsewhere as a safety precaution.

At this point in time, ICE is not something universal that paramedics rush to search for.

We hope this increased awareness around the world will make it a universal application in the coming years.

Tell a friend and help spread the "ICE".



Taking these simple steps may save a life. Contact your local Visiting Angels for more brochures that can help keep our seniors safe and at home!

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In Case of Emergency

ICE Your Cell Today For Peace of Mind!



A guide for family, friends and loved ones



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ICE: In Case of Emergency

A simple and effective way of providing emergency responders with a direct line to you!

You carry information in your cell phone that would allow emergency personnel to contact a family member or friend, but how are they to locate it during an emergency? Simple . . . ICE your cell phones!

The Origin of ICE

Every day thousands of emergency calls are placed. These situations require split second decisions to aid them during the "Golden Hour" they have available to save lives.

The original concept, conceived by Cambridge, England paramedic Bob Brotchie, involved putting the acronym ICE in front of your designated emergency contact.

The idea is that you store the word "ICE" in your mobile phone address book, and against it enter the number of the person you would want to be contacted . . . "In Case of Emergency". Additionally, you would want to enter the name of the individual so your display would read: **"ICE Heather"** indicating the person's name.

In an emergency situation, ambulance and hospital staff will then be able to quickly find out who your next of kin are and be able to contact them.

It's as simple as that, and for more than one contact name you can use ICE1, ICE2, ICE3 etc.



How to ICE Your Cell Phone

Use this list to get the most out of ICE'ng your cell phones.

- i** Make sure the person whose name and number you are using has agreed to be your ICE partner.
- i** Make sure your ICE partner has a list of people they should contact on your behalf, including your place of employment.
- i** Make sure to always include every phone for that individual. Home, work, cell/mobile.
- i** Make sure your ICE partner'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 .
- i** Make sure your ICE partner knows about any medical conditions that could affect your emergency treatment. For example: Any allergies or current medications.
- i** Make sure if you are under 18, your ICE partner is a parent or guardian authorized to make decisions on your behalf. For example: Should you need a life or death operation.
- i** Always enter your ICE contact to include the name of your ICE partner. For example: ICE_Heather
- i** Should your preferred contact be deaf, then type ICETEXT, then the name of your contact before saving the number.
- i** Make sure to place a sticker on or near the photo ID stating "ICE".
- i** Another idea would be attaching a sticker on the cell phone stating "ICE Loaded". Some cell phones allow you to name the opening screen. This name is visible when the cell phone is turned on. Simply re-name the "wallpaper" screen "ICE Loaded".
- i** Once you have entered your ICE partner, that individual's name may not appear on your contact list. With some phones the ICE entry may act as a duplicate so deleting and re-entry of an existing contact may be needed.
- i** Once you have entered your ICE contact, verify by scrolling through the cell phone's contact list.

