

# Put Your Emergency on ICE

## “ICE stands for “In Case of Emergency.”

Paramedics responding to an accident in which the seriously injured or unconscious person carries no information about emergency contacts can waste precious lifesaving moments. They don't know the patient's medical history or allergies. Along with a medical band or ICE card in the billfold, this is a simple way to be prepared for the unexpected.

## Have a Cell Phone?

Turn your cell phone into a source of information for paramedics or other emergency personnel responding to accidents, crimes and disasters. Accompanying the ICE entry in your cell phone contact list would be the name and phone numbers of who should be called if something has happened to you. First responders to an emergency will see that you are participating by a visible “ICE” sticker on your phone. Create one using office supply stickers.

## No Cell Phone?

Create a wallet card using the example (See Addendum 1. in the back of this manual) which will have emergency contact information and should be carried with you at all times. Place a copy in the trunk of your car.

## Here's how it works:

**ICE#1** – Your doctor or a relative with info about health history.

**ICE#2** – A local contact who knows your medical condition/history.

**ICE#3** – An out of state contact who knows your medical condition/history.

Name: _____	Date of Birth: _____
Doctor: _____	phone: _____
Contact #2 _____	phone: _____
Contact #3 _____	phone: _____

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Doctor: _____	phone: _____
Contact #2 _____	phone: _____
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