

# **ICE**

## **In Case of Emergency**

### **ICE the Cell Phones of Everyone in Your Family**

**Paramedics will turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE.**

**ICE stands for In Case of Emergency. If you add an entry in the contacts list in your cell phone under ICE, with the name and phone number of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly. It only takes a few moments of your time to do. Paramedics know what ICE means and they look for it immediately.**

**ICE your cell phone now. Please pass this idea to your friends and loved ones.**