

ICE - IN CASE OF EMERGENCY

ICE (for *In Case of Emergency*) is becoming a widely known acronym by law enforcement and emergency responders. It is a cell phone entry and also pocket card information designed to be one of the first sources of information available to a first responder in the event of an emergency when a person may not be able to speak. The ICE listing allows rescue workers or other helpers to notify the appropriate person and get relevant information as quickly as possible.

To program ICE into your cell phone:

- Access the address book feature of your cell phone.
- Enter the "ICE" as the contact name.
- Enter the phone number of the person you wish to be contacted in the event you are unable to speak for yourself; such as your husband, wife, parent, etc.

It will be important for them to know the following information:

- **Medications** - all current medications you are taking, including herbal and organic supplements because they can and do interact with some medications
- **Allergies** - all known allergies, including medications and foods
- **Doctors** - names and phone number of your regular physician or medical provider
- **Other Information** this may include blood type, other individual emergency contact information, medication history, special medical needs, etc...

It is important to notify the person(s) you are appointing as your "ICE" to allow them the opportunity to ask you questions before any emergency may happen. You may also want to appoint more than one "ICE" in the event your initial contact may be out of reach.

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My Full Name: _____

Address: _____

Your DOB: _____ Blood Type: _____

#1 - ICE Contact: _____

Phone: _____ Alt. Phone: _____

#2 - ICE Contact: _____

Phone: _____ Alt. Phone: _____

Health Conditions/Problems: _____

Current Medications: _____

Allergies: _____

Physician: _____

Phone: _____

Preferred Hospital: _____

Other Pertinent Information: _____

(Cut along dotted lines – keep a copy for your records – and give a copy to your “ICE” contact)