

USE ICE (In Case of Emergency) YOUR CELL PHONE AS AN EMERGENCY LIFELINE

Your cell phone can be a lifeline during times of crisis. At the touch of a button it can be used to call 911 or the police, as well as to reunite loved ones separated during a disaster.

At the scene of an accident, where there are casualties, first responders or rescue services are making life-and-death decisions. They arrive and want to treat you quickly and also notify your family or friends. It would be useful to know which of the numbers stored in your cell phone's electronic address book can be used to quickly reach your key contacts and next of kin.

You can make their job easier by adding an entry in the contacts list in your cell phone under the label **ICE** with the names and phone numbers of people that should be called in case of an accident or injury. Simply put the acronym **ICE** before the names you want to designate as key contacts or next of kin — creating entries such as **ICE1**, **ICE2** and **ICE3** etc.

By adopting the “**ICE** advice” your cell phone may help emergency and rescue services quickly contact a relative or friend — which could be vital in a life or death situation. It only takes a few seconds to do. Responders at the scene will now know right away who to notify.

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