

On your phone, load the following contact: I C E

*This means: In Case of Emergency*

The telephone number you enter for your ICE contact will be that of the person you wish the Emergency Services (i.e. Ambulance) should contact if you are incapacitated (unconscious). This can be your husband, wife, child or parents.

This is very important, not only to notify your family members of your where-abouts (i.e. which hospital the ambulance took you to), but also to find out if you have any allergies, what medication you take, etc. All of which is necessary for your treatment.

It is also important so your personal effects can be collected, and not get lost.

ICE your phone NOW.

→ Even add an ICE 2

Emergency personnel are trained to look for this number on your mobile phone.