

ICE: In Case of Emergency Cell Phone Emergency Assistance Plan

The American Academy of Emergency Physicians, recommends adding "ICE" to your cell phone. ICE stands for ***in case of emergency***. Emergency support personnel will look on a cell phone for the word ICE to find vital contact information in case of emergency, such as when a person is unable to communicate.



This is something that is easy to do for anyone who carries a cell phone. All you need to do is add the entry ICE in capital letters to your cell phone contact list. For instance: ICE# 1- husband, ICE # 2- daughter, ICE # 3-sister.

Then enter that person's contact number. This will enable an emergency responder to contact someone in an emergency, and they will know your priorities.

This should never be used to replace a medical alert bracelet, necklace or other medical alert devices that have detailed information. But, the ICE cell phone entry can be very helpful. Do it now!

Resource: American Academy of Emergency Physicians, [Emergency Physicians Say "ICE" Can Help Save Your Life](http://www.acep.org/webportal/PatientsConsumers/HealthSubjectsByTopic/emergprep/icecellphone.htm) (<http://www.acep.org/webportal/PatientsConsumers/HealthSubjectsByTopic/emergprep/icecellphone.htm>)