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## Putting Emergencies on “ICE”

There are simple tactics that can do everyone some good. One such initiative is putting “ICE” or “In Case of Emergency” contact numbers in our cell phones.



Experts suggest programming the acronym “ICE” followed by the name and number of a family member or friend who EMTs, the police or hospital staff can contact if you are ill or unable to respond. These ICE folks should be available much of the time and know any of your important medical conditions.

For example:

ICE – Dorothy Lewis (mother), 555-121-1212

Take a few moments to put your phone on ICE today. It could save a lot of time, trouble and tears in the long run.

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