



I.C.E



In Case of Emergency

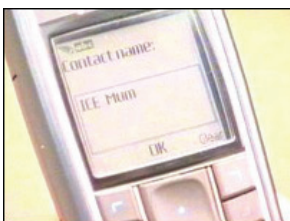
Eight out of ten British people carry no next of kin details, yet 80% carry a mobile phone on them all the time.

ICE is a simple way of letting the Ambulance crews and Police Officers know who to contact should you be involved in an incident. All you need to do is;

- 1. Type the acronym ICE followed by the contact name (ie Mum, Dad) into the address book of your mobile phone.**
- 2. Save their phone number.**
- 3. Tell your ICE contact that you have nominated them.**
- 4. In the event of an emergency, Ambulance crews and Police Officers can now contact your family.**

You may find that those receiving your ICE call will no longer see your name on their phone. This can be solved simply by typing '*' after the number under your ice contact. This will cure the caller-id problem.

Ensure that any nominated next of kin should be made aware of any medical conditions, medications, allergies and any other information that could affect the emergency treatment that you may be given.



If you use a pin code on your phone, you can register with icecontact.com, a system which keeps medical details and emergency contact details on a secure database.

