

Helpful Hints: **“ICE”** your Cell Phone

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"ICE", "In Case of Emergency", your Cell Phone.

Paramedics and EMTs will turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE.

"ICE" stands for In Case of Emergency. If you add an entry in the contacts list in your cell phone under "ICE", with the name and phone no. of the Person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly. It only takes a few moments of your time to do.

Paramedics know what ICE means and they look for it immediately.

ICE your cell phone NOW!

Please pass this along.