

PUT YOUR CELL PHONE ON "I.C.E."

By Susan Bartelstone, Crime Prevention Specialist

*Crime
Prevention 101*

*Keeping
Yourself Safe!
Series*

Resources:

*ICE:
<https://incaseofemergency.org/>*

*3 Ways to Add I.C.E.
to your Cellphone:
<https://www.wikihow.com/Add-ICE-to-Your-Cell-Phone>*

FALSE: It's not true that I.C.E. entries allow viruses to access your cell phone. Check it out on Snopes.

*Visit
crimeprevention101.com and receive a free eBook "All-Time Top Tips for Keeping Yourself Safe!"*

IN CASE OF EMERGENCY

In 2005, a national "I.C.E." (*In Case of Emergency*) campaign was launched by a former paramedic and it went worldwide. The idea is that you store the word "ICE" in your cell phone address book and against it enter the name and number of the person(s) you wish to be contacted in case of an emergency. Police, paramedics and hospital staff supposedly know what ICE means and will look for it. Even if this isn't universally true, it's not a bad idea.



If you have more than one emergency contact, label them ICE1-Mom, ICE2-Harry Jones-husband and so forth, in case the first person isn't available.



Or...there's an app for that! Check out your phone's app store. Several good apps that give Emergency Service personnel all your pertinent contacts and medical information are available for free.