

Instructions
for
ICE

How to ICE your phone

1. **CHOOSE** a responsible person to be your In Case of Emergency (ICE) contact. Record their Contact information.

2. **INFORM** your ICE Contact that you have chosen them as your designated contact and Provide them with information that may affect your treatment. Remember MAD or “M” “A” “D”.
 - . Medicines – List all current medications you are taking, including herbal and organic supplements because they can and do interact with some medications.
 - . Allergies – List all known allergies, especially to medications, but also to foods.
 - . Doctors – Include the names and phone numbers of doctors or other medical providers responsible for your regular care.

3. **ADD** this contact as a new entry, with their phone number, in your mobile phone address book under the heading “ICE”. Example: ICE – William, or ICE – Dad. It is recommended you list more than one contact: ICE1 – Mom, ICE2 – Mary.

Tip: You can contact your mobile phone manufacturer or mobile service provider for assistance in setting these contacts up in your mobile phone address book.

5/2008