

How To Set Up An ICE* Contact On Your iPhone

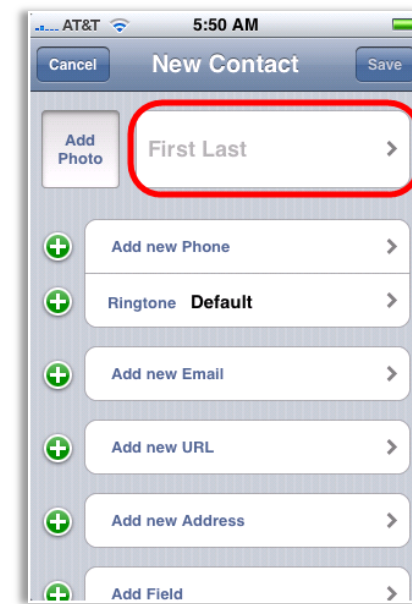
What is ICE?

During Hurricane Katrina, so many people were injured, unconscious, or separated from their families, that emergency workers came up with the idea of putting an ICE – In Case Of Emergency – contact in your cell phone. Now, when a patient who is unconscious or unable to speak comes into the ER, hospitals worldwide, look for their ICE contact, to locate their next of kin.

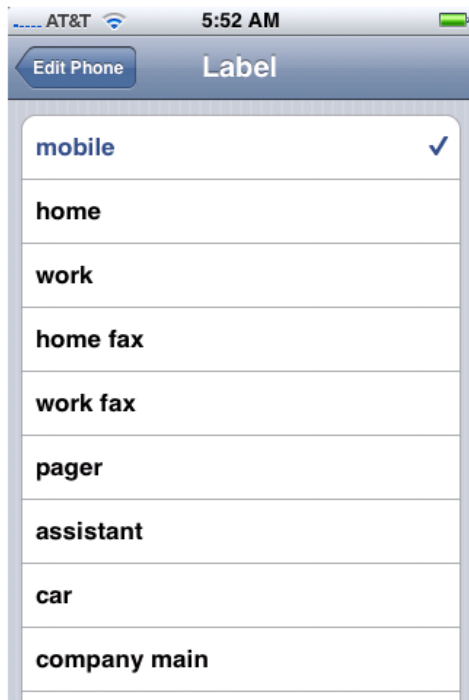
Everyone in your family should have 2 ICE contacts on their cell phone, just in case the first contact person is unavailable. If you've gone through our book, ***Ready In 10***, you already know what information goes into the contact. So we'll go through a quick demonstration of **HOW** to set up your ICE contact using an iPhone.



1. **Click** on the Contacts Icon to open up contacts.
2. Click on the **First Last Name**: The contact name of course will be ICE, but you can put the contact's first name and relationship, (for example Cynthia – Mom) in the **Company Name** field, so a doctor reading it, would know that this contact is the patient's mother.



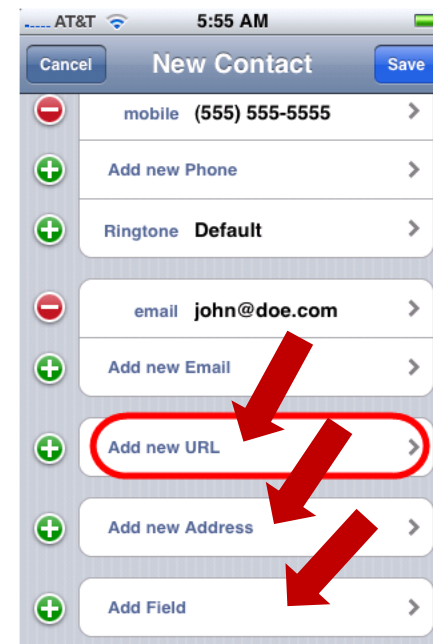
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3. Play around with the other fields, until you fill in **all the information you possibly can**. For example:

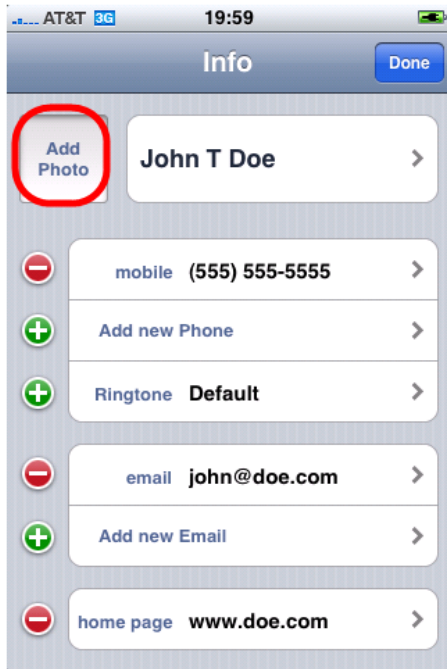
- Your emergency contact's main phone number
- Cell number/ Work number
- Email Address & IM, Twitter and Facebook address (this is vital in case you need to send that contact an emergency message or quick update)
- Other info, for example, days that the contact is at a certain location

On the iPhone (and in other phones) you can actually change the names of fields or add fields with different titles, like Alternate Location, Second Phone or Instant Messaging ID.



4. Have you already completed your Grab It & Go Medical Information Form? Consider storing form online and placing a link to the form in your ICE contact. Add a new URL field and name it, **My Medical History** or **Emergency Info**. This way a doctor can access your emergency contact information and basic medical history, while your family is en route to the hospital to be at your bedside.

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5. You can even make your ICE contacts stand out, buy using the **Add Photo** function to upload a graphic like this one. You can make your own, or download ours free. [Right click this link](#) then Save Target As, to your desktop.



6. Are you the **Keeper of the Information** in your home? Then it's up to **you** to make sure every family member not only has their ICE contacts set up in their cell phone, but has all of the contact information for the other members of your household in their phone as well. You want to be sure you can get in touch with each other quickly in an emergency.

7. And if you have an iPhone or another brand of smartphone, you can even **turn your phone into a Mobile Command Center**. Just store copies of your family's medical history forms, checklists and your Ready In 10 Evacuation Plan, right on your phone. You can also store or type your family evacuation plan into your family member's phones. This way, if disaster strikes while you or they are away from home, everyone will always have the locations, phone numbers and other vital information they need, at their fingertips.