

## "ICE" Your Cell Phone

The American College of Emergency Physicians recommends people with cellular phones add "ICE" entries into their cell phone address books. This stands for "In Case of Emergency." Paramedics, nurses, and doctors are increasingly aware and looking for these entries in phone address books and are using them to notify the person's emergency contacts and to obtain critical medical information when a patient arrives unconscious or unable to answer questions.

By using the "ICE" designation first, medical providers can immediately identify the appropriate number to call. It is recommended that people save at least two numbers and be sure that both contacts are familiar with their medical history. They can be saved as "ICE-1" and "ICE-2" or with names such as "ICE-Mom." In all cases, the "ICE" designation should come first.

Knowing which phone number to call to get vital information helps doctors and nurses to provide better and more effective care in an emergency, and helps you by providing timely notification of your emergency contacts, as well.