Prepare Yourself

In Case of Emergency or ICE Numbers

Bedfordshire
PREPARED

v1.0

What is an ICE Number?

An **ICE** number is an In Case of Emergency Number.

An **ICE** number will be used emergency responders (including paramedics) in a situation where you might not be able to communicate.

Not only does this make your emergency contact aware of what is happening, but allow the emergency responders to find out about things such as serious allergies.

Top Tips

- Make sure your **ICE** contact has agreed to be your emergency contact

- Make sure your **ICE** contact knows of any allergies, medical conditions and any medication you are on

- Give your **ICE** contact a list of emergency contacts including your work and doctors

- Make sure you keep your **ICE** number up to date and replace any labels if they become worn or illegible

- Think about the number you use. For example: Is your **ICE** contact going to be easier to contact on their mobile?

- If you are under 18, ensure your **ICE** contact is a parent or guardian authorised to make decisions on your behalf. This will be particularly important if you need an operation

- Encourage friends and family to have an **ICE** number
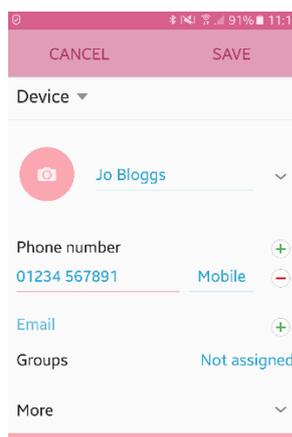
How to add an ICE Number to your smartphone

The following are instructions on how to add an **ICE** number to smartphones with lock-screens functions
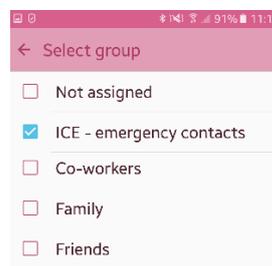
Embedded ICE functions

Most smartphones have an embedded **ICE** function which is accessible through the emergency call function on locked screens.

For most smartphones there will be a way to identify a contact as being an **ICE** number and might be similar to the following:

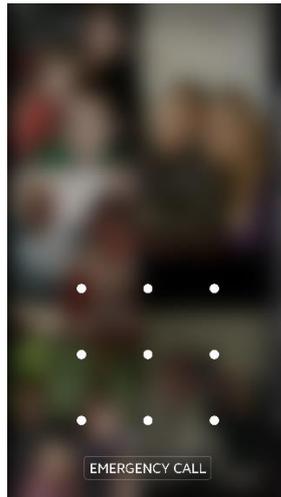**Step 1:** Add the **ICE** number to your 'contacts' or go in and edit an existing contact

Step 2: Select the **ICE** option or go into 'groups' and select **'ICE'** - emergency contacts
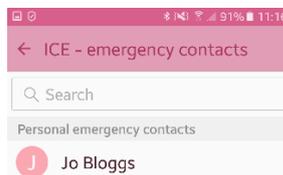

Step 3: Save the contact or the changes made

Step 4: Click 'Emergency Call' on your locked screen

Step 5: This will access your **ICE** contacts

[Pictures above are of a Samsung Edge device]

Adding and accessing an **ICE** number to a smartphone will be different depending on the device. On some smartphones, **ICE** contacts are added through the contacts/address book and on other devices **ICE** contacts will be added through the 'settings' function.

If you are unsure how to add an **ICE** number to your smartphone and it is different to the instructions above, please see the instructions for the phone.

ICE numbers on smartphone wallpaper

If you have a smartphone that has a lock-screen function you can add your **ICE** contact to your lock-screen wallpaper. This can be done either by using the in-house picture editing function on your device or a free photo/wallpaper app.

You can add an **ICE** number to your smartphones wallpaper using the following instructions:

Step 1: Select the picture from your smartphone gallery and open it in a photo/wallpaper app

Step 2: Add an **ICE** number using the text function

Step 3: Go into 'settings', then 'wallpaper' function and upload the edited picture

[Pictures above are of a free picture editor and a Samsung Edge device]

Adding an **ICE** number to the wallpaper of a smartphone will be different to the above, depending on the device. If you are unable to add text onto a photo using your device gallery function you can download free photo editing apps.

If you are unsure on how to change wallpaper on your smartphone and it is different to the instructions above, please see the instructions for the phone.

ICE apps

There are various **ICE** apps available via the iTunes store, Android Google Play and Windows, which can be downloaded to your smartphone.

- Download from iTunes Store <u>here</u>.
- Download from Google Play <u>here</u>.
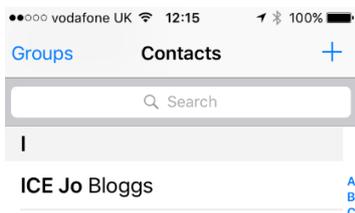- Download from Windows Store <u>here</u>.

How to add an ICE number to other mobile phones

If your mobile phone is either not a smartphone or you do not use the lock-screen function, these instructions will help you to add an **ICE** number to your phone.

ICE numbers in contacts/address book

Step 1: Go into your contacts

Step 2: Add the persons contact details but add **'ICE'** before the name of your contact

[Pictures above are of an iPhone 5s]

ICE stickers

You can add a sticker to the back of your phone with your **ICE** number and any other relevant information.

You can cut out and use the template below:

ICE **In Case of Emergency Number**	**Bedfordshire PREPARED**
Name:	Tel:
Allergies:	Medical Conditions:
Medication:	Blood Type:

Top Tips

- Make sure the information is completed clearly

- You can use the above template and print it electronically using labels

- Think about using waterproof ink, waterproof tape and or a permanent marker as necessary

ICE

Other ways of carrying your ICE Number

Carry an ICE card in your wallet

You can cut out and use the template below. Then put it into your wallet next to your driving license.

ICE **In Case of Emergency Number**	Bedfordshire PREPARED
Name:	Tel:
Allergies:	Medical Conditions:
Medication:	Blood Type: