

What Is ICE?

During Hurricane Katrina, so many people were injured & separated from their families, that emergency workers came up with the idea of putting an ICE – In Case Of Emergency – contact in their cell phones. Now, hospitals worldwide, check patient's phones for their ICE contact, to locate their next of kin. Everyone in your family should have 2 ICE contacts on his cell phone, just in case the first person is unavailable.

These instructions are for regular cell phones – not smartphones. But don't worry. Even if your phone isn't a smartphone, it's just as easy to set up an ICE Contact. Just keep in mind that every phone is different, so you might have to play around with the contact a bit, to get all the information you want to include. If you've gone through our book, [Get Your Stuff Together](#), you already know what information goes into the contact. So let's learn how to set up your ICE contact.

Grab Your Phone & Let's Get Started

1

Who will your two ICE Contacts be? Your spouse, partner, best friend, parent or close relative? Once you decide, **Touch the Contacts Icon** on your phone to open up your Contacts.

Depending on the type of phone you have, your Contacts Icon might look different than the ones we have here. Click on **Add New** to add a new contact and **touch the First Name Field**. Don't put the name of your contact in this field, only the word **ICE**.

Next, touch the **Last Name Field** and enter your contact's full name and relationship to you, ie. John Jones Husband. Now when someone looks at the contact, they'll see ICE along with your emergency contact's full name. Do the same thing for your second ICE contact – just call it ICE2.



Enter All of Your Information

2

Put **all the information you possibly can** into your two ICE Contacts. For example:

- Your emergency contact's **Main Number/Cell number/ Work number**
- **Email Address & Social Media Contacts** like their **Facebook** address (in case landlines are down & emergency personnel need to send an emergency message)
- Other info, for example, days that the contact is at a certain location
- If you have a section for Notes in your contact, use the **Notes Section** to list your Allergies, Medications or Doctor's Contact Information.

What About Your Medical History?

3

Need more than just a few lines to communicate your medical history? Then create a [medical history form](#) and store it to a password protected online folder & place a link to the form in your ICE contact. This way a doctor can access your, your spouse's or your kids basic medical history, while you're en route to the hospital.

Oh and if you don't have a form, just download ours by right clicking the link above. And if you'd like to read more about Creating A Medical History on our Blog, [click here](#) or download the Shortcut Sheet by right clicking on the graphic to your right.

Make Your ICE Contacts Stand Out

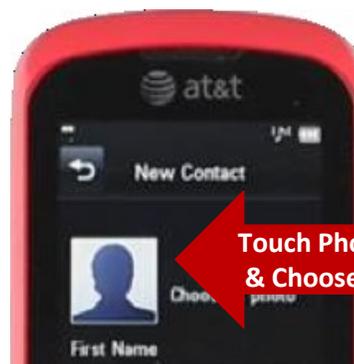
4

Make your ICE contacts stand out, by using the **Add Photo** function to upload a graphic to your phone, like the ones on this page.

Not every cell phone has the ability to do this, but if you can add a picture to a contact, you should be able to add one of our graphics, instead.

You can make your own, or download ours free, by going to the [Free Resources Page](#).

First, save the graphic to the photos on your phone. Since you're not working with a smartphone, you might have to email the graphic to yourself from your computer or even take a picture of the graphic you'd like to use, with your phone. Once you get it into your photos folder on your phone, open your ICE Contact, **Touch** the little photo icon, go into your photos, choose your graphic and **Save**.



Touch Photo Icon & Choose Image

Turn Your Phone Into A Mobile Command Center

5

While you're at it, you can even **turn your phone** into a **Mobile Command Center**. Just store copies of your family's medical history forms, emergency action plans, checklists and [Evacuation Plan](#), right on your phone and those of each member of your immediate family. And while you have them, don't forget to put ICE Contacts on their phones as well, including along with each other's contact information. That way you can all get in touch with each other quickly in an emergency.

What's Next? Well now that you're done ICEing your phone, you can...

- ICE your spouse's and kid's phones and iPods.
- ICE your parents phones.
- Share this How-To with your friends and family -- #ICEmyphone.
- Make Emergency Wallet Cards (they're in the download file)
- Shoot a quick picture or video of you and your family ICEing your phones and share it on [Twitter](#), [Facebook](#), [Pinterest](#) or [You Tube](#) with the hash tag #ICEmyphone. Be sure to watch our social media, because we'll feature the best ones every month!

Here are More Amazing Things You Can Do In 5 Minutes Or Less

[Create Your Family's Evacuation Plan](#)

[Download and Back Up Your Digital Photos](#)

[Keep Your Medical History At Your Fingertips](#)

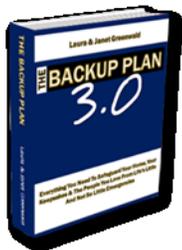
[Save Your Albums & Cassettes As MP3s](#)

[Earthquake Proof Your Bedroom](#)

[Fill Out Your Kid's Emergency Contact Card](#)

*That Backup Plan of yours is coming along nicely.
Here are a few other resources you're gonna love...*

*Laura & Jan Greenwald
Authors/Creators of Get Your Stuff Together*



Our newest program [The Backup Plan 3.0!](#) Quick and easy steps you can take **right now**, to keep everything that's important to you, safe, sound and accessible. Each section covers a different area, from family photos, vital documents and music, to videos, computer files, family history and recipes. Just download the free Grab It & Go Forms and Action Plans (included), complete them and save them to your computer or use the ones right inside the book and you'll be ready to deal with emergencies small (a broken arm) or large (Superstorm Sandy). [Pick up your Paperback copy today at Amazon.com for \\$29.99](#) [Or the new Downloadable PDF Edition for \\$8.00.](#) [Read more about it](#)