





How to Add ICE to Your Cell Phone

Adding an ICE “In Case Of Emergency” contact in cell phones can help emergency personnel locate a friend or family member who can speak on your behalf if you become unconscious or incapacitated. For people with preexisting medical conditions and allergies, in particular, keeping your emergency contact information close at hand could help save your life!

Choose emergency contacts who know about any allergies or medical conditions that you may have, and who know how to contact your family. Notify anyone that you designate as an emergency contact that you have done so, and make sure they are clear on what information they might need to share to help you in an emergency.

If your cell phone is password protected and you cannot speak for yourself, there are apps available that add your emergency contact information to your lock screen. Search for "ICE" or "In Case of Emergency" in your application store to find one that works on your phone. An emergency responder can then pick up your phone and access your emergency contact information, even if you are unable to provide the password.

Feature	iOS	Android	Windows Phone	BlackBerry 10
Application Store	App Store	Google Play	Windows Phone Store	Blackberry World, Amazon Appstore
App Sample Free to Download	 ICE Standard ER with Smart911	 ICE Standard	 Lock Screen Emergency	 MED-ICE for BlackBerry 10

Can't find an app? **Create your own ICE label for the back of your phone.** You can create an ICE label using a sticker or decal paper available at any office supply store, or even using waterproof tape and a permanent marker. Creating your own label will allow you to add as much information as you would like about emergency contacts, allergies and medications.