

## In Case of Emergency

Emergency contact information, is as it says, is contact info for when an Emergency has occurred, if the person is conscious and breathing you should seek their authority before accessing the information, otherwise contact the Emergency services and on their arrival make them aware there is Emergency Contact Information available.

There are numerous ways to store ICE. Most if not all mobile phones have a facility to store and access this info without unlocking the phone. It's free and invariably it'll always be carried with you. Just make sure you know how to access it, it's different for iPhones and Androids.

[https://www.huffingtonpost.co.uk/entry/android-iphone-emergency-contact-ice\\_l\\_5ce2e6aee4b075a35a2b9250](https://www.huffingtonpost.co.uk/entry/android-iphone-emergency-contact-ice_l_5ce2e6aee4b075a35a2b9250)

The other options are varied, but include and not limited to, stickers, necklaces, and bracelets. It really is a case of what floats your boat, but whichever one you choose do not put too much personal info on it, keep it to the minimum, some of the methods of accessing ICE are by their very nature simple to access so could be used by members of society we would not want having access to it.

One final point, if you are allergic to certain drugs, or have a condition that the medical services may need, you can also add this to ICE.

To those that already have ICE details, great, to those that don't, please give it careful consideration