

ICE 'speaks' for you when you can't!



It's clear as ICE!



ICE is a method that displays next of kin and important medical information on your phone's lock screen - In Case of Emergency. If you are unable to communicate, paramedics and medical staff, accessing your phone, will know how to identify you, treat you and be able to contact your next of kin immediately.

Keeping it simple for both phone user and responder!

What kind of allergies and information should you include in your ICE details?

- Life threatening allergies that could affect your treatment such as latex.
- An allergy to a specific medication such as antibiotics or painkillers like Morphine.
- Anaphylaxis – include what you are allergic to and what may cause you to go into anaphylactic shock such as food products like nuts, perfumes or other materials that can trigger a reaction in you.
- Medication you carry such as an EpiPen or inhaler.
- Prescribed medication such as steroids or inhalers.
- Notable and/or significant illnesses.

REMEMBER to add the date to your ICE details! This will inform the first responder, or hospital, that your ICE is up to date.



Get Protected – Get ICE!
incaseofemergency.org

A special thank you goes to Tracey Anson (Mrs Warwickshire Sensational UK 2016) who is helping us to raise awareness of the importance of adding allergies to your ICE.