

In Case of Emergency ICE Your Phone™



How to ICE your Phone™:

- **Choose** a responsible person to be your "In Case of Emergency (ICE)" contact.
- **Provide** them with information that may affect your treatment such as your "MAD" information — your Medicines, Allergies and Doctors.
- **Program** this contact name and phone number into your cell phone under the heading ICE. Add more than one if you wish. Example: ICE - Kelly or ICE - Dad.
- **Apply** a free ICE sticker to the back of your cell phone. This will serve as a visual alert and may help first responders in an emergency situation.

**For your free
ICE sticker ask a
South Whidbey Fire
and Rescue
volunteer
or stop by the
Freeland Station
5535 Cameron Road
Monday—Friday
9 a.m.—5 p.m.
(360) 321-1533
www.icfd3.org**



*Volunteers Proudly Serving the
Citizens of South Whidbey Since 1950*