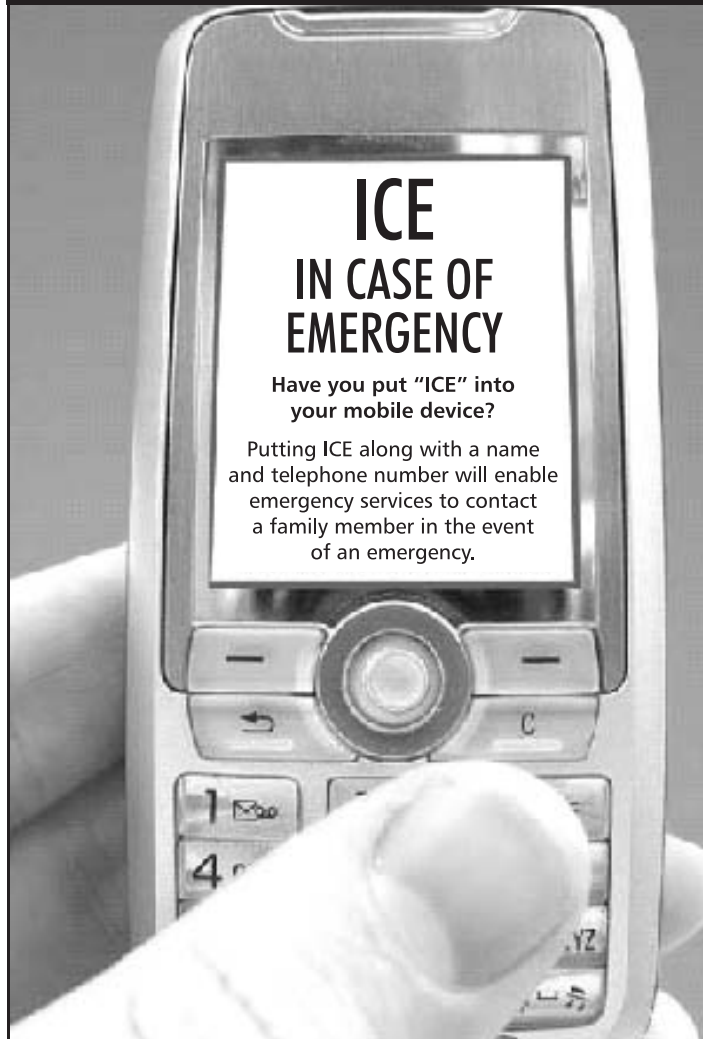


DO YOU CARRY A CELL PHONE?



ICE IN CASE OF EMERGENCY

Have you put "ICE" into
your mobile device?

Putting ICE along with a name
and telephone number will enable
emergency services to contact
a family member in the event
of an emergency.



Many people do not carry personal
identification or medical information,
however most do carry a mobile device
of some kind.

Should you ever be involved in an
incident where you are unable to speak
to emergency crews, they will know to
look for "ICE" in your phone or PDA,
and be able to alert a family member or
friend of your situation, as well as gain
important information, such as allergies
and any medical conditions you may
have.

How "ICE" works...

- Type the acronym .ICE followed by a
contact name (for example .ICE-Mom
or .ICE-David) into the address book
of your cellular phone or PDA. Using a
decimal place in front of ICE will
move it to the top of the directory.
- Save their telephone number(s).
- Let your ICE contact know you've
nominated them.
- It's that simple!

EMERGENCY MEDICAL SERVICES

OFFICE RÉGIONAL DE LA SANTÉ
DES PARCS



ARKLAND
REGIONAL HEALTH AUTHORITY