



ICE

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IN CASE OF EMERGENCY

How do I use ICE?

- Add the acronym ICE and a contact name eg. ICE - David to your mobile's address book
- Save their phone number
- Tell your ICE contact you have nominated them as your emergency contact

ICE advice:

- Your ICE contact should have a list of people to contact on your behalf eg. spouse, family or friends. The number used should be easy to contact eg. home and mobile numbers.
- Your contact should know your blood type and any medical conditions that could affect your emergency treatment.
- If you wish to have more than one contact save entries as ICE, ICE 1, ICE 2 etc.

ICE in Victoria:

Victoria police will have other means to contact your family in an emergency however ICE is an additional tool to complement their procedures.

Important notes:

Be sure to carry the ICE card in your purse or wallet. A security PIN on your phone means Police and emergency services will not be able to access your ICE contact. If you are under 18 your ICE contact needs to be a parent or guardian authorised to make decisions on your behalf.

Telephone cards:

Please ensure that the larger card is placed next to your home telephone for easy access to emergency service personnel.