

ICE in case of emergency

Eight out of ten people are not carrying information that would help if they were involved in an accident. Storing next-of-kin details in your mobile phone can assist the emergency services if you're unable to tell them who to contact.

How does it work?

Simply use your mobile's phone book to store the name and number of someone who should be contacted if you have an emergency—but add the letters ICE in front of their name. ICE stands for 'in case of emergency'; it's what the emergency services will look for if you're involved in an accident and have your mobile phone with you.

Getting started

Make sure you choose a number that's easy to get in touch with—a home number could be useless in an emergency if the person works full time. It is recommended that you enter daytime and evening numbers where possible.

What should I do next?

Make sure the person whose name and number you are giving has agreed to be your 'ICE partner'. You should also make sure your ICE partner has a list of people to contact on your behalf, such as your place of work. In addition, they'll need to know about any medical conditions that could affect your emergency treatment, including allergies or medications.

If you're under 18, your ICE partner should be a parent or an immediate member of your family authorised to make decisions on your behalf. Friends and other relatives won't be able to make decisions for you if you're admitted to hospital.

Storing an ICE number makes it easier for everyone.
It only takes a few seconds, so do it today—please.