

Do you have a mobile phone?



Here's something you can do that will help if you have an emergency.

ICE – In Case of Emergency



It's good to go out and about, but sometimes people get hurt or are in danger.



You can put the number of someone the police or ambulance staff should ring in an emergency.



Think about someone who should know if you are hurt or in trouble. This might be someone in your family or a paid carer or a friend.

This person will be your ICE contact. Emergency staff will look on your phone for it. They will ring your ICE contact to tell them what has happened.

Here's what to do:

- Go to the part of your phone where you add new names and numbers.



- Type in ICE and the name of the person.
- Type in their phone number.
- Press 'save'.

You can have more than one ICE number if you need to. You can call them ICE1 and ICE2.

Don't forget to tell your ICE person that you have put them as your emergency contact on your mobile phone.



That's it! Tell your friends about ICE numbers so that they can do it too.

