**ICE Label**

***ICE - In Case of Emergency*.**

This little acronym lets paramedics and first responders know who to contact in case you take ill or are are in an accident.

The label tells others your emergency contact information is stored inside your directory.  Use on your phone, your electronic organizer, or mark your glove compartment in your car or your wallet ... anywhere you may have stored your emergency contact's name and number.

**Its simple to do!  And the concept is widely recognized.**

In your cell phone or your electronic organizer, go to your phone book or contact directory.

Then:

-enter your contact's name by first entering the letters "I-C-E" followed by their name.

Example:  I.C.E. 1 - Bill Smith 719-555-6772

-enter secondary contact's name like this:

I.C.E. 2 - Mary Maybe - 123-555-8251

By inserting a 'period' after each letter in I.C.E. it will automatically bring the I.C.E. contacts up first when "I" is pressed in your directory.

Be sure to check with the person first to confirm they agree to be your emergency contact.  And be sure to select individuals who are normally accessible and are local to you.

Pass the idea along ... let others you care about know how to use the In-Case-of-Emergency "ICE" code too.