



**ATTENTION  
Cell Phone Users!**



This safety message is brought to you by the  
City of Hillsboro Fire and Police Departments

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For More Information, Please Contact:

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## Have you heard of "ICE"?

Short for "In Case of Emergency," programming ICE numbers into your cell phone's address book could help emergency service workers contact your loved ones in an emergency.

In with the rest of your address book numbers, please include at least one "ICE" number. Examples: ICE Wife, ICE Dad, ICE Friend... Then, should something happen to you, paramedics, hospital emergency room personnel, police, and other emergency service workers could look in your cell phone's address book for the programmed "ICE" numbers. This saves them from sifting through all the numbers and still not being sure whom to call.

### ICE Advice:

- Make sure the person whose name and number you are giving has agreed to be your ICE partner;
- Make sure your ICE partner has a list of people they should contact on your behalf - including your place of work;
- Make sure your ICE partner's number is one that's easy to contact, for example a home number could be useless in an emergency if the person works full time;
- Make sure your ICE partner knows about any medical conditions that could affect your emergency treatment - for example allergies or current medication; and
- Make sure, if you are under 18, your ICE partner is either your mother or father or an immediate member of your family authorized to make decisions on your behalf—for example, if you need a life-or-death operation

Internet Origin: <http://www.eastanglianambulance.com/content/ice/default.asp>