

It's the new



ICE Age

(In Case of Emergency)

Protect yourself, inform your family. When disaster strikes, be prepared with **ICE**.

ICE is easy:

- Designate one to three people as your **ICE** contacts (let them know).
- Go to the address book of your phone and do one of the following:
 - Insert the word **ICE** in front of the names of your emergency contacts.
 - Make new entries, save as **ICE 1**, **ICE 2**, and **ICE 3** or specify numbers as **ICE Doctor**, **ICE Mom**, **ICE Sister**, etc.
- Place an **ICE** magnet on your fridge in case your injury occurs in your home.

For more information on **ICE** visit tristateambulance.org

Tri-State
Ambulance