

Program Your Cell Phone!

To Be Your Greatest Safety Tool!

- ICE Your Phone: Add “ICE ” to your preferred emergency contact.
- Friends, Family, Neighbors:
Program all important contacts
- Non-emergency numbers for
Police and Fire Departments.
- Doctors / Hospital / Clinic
- Medication and medical conditions
and allergies
- Location of emergency rally points
- Daycare providers for kids / sen-
iors

— For Smart Phones — Also add:

- Pictures of self, home, pets, kids,
key people, and property
- Important documents: prescrip-
tions, insurance, etc.
- First Aid and CPR instructions
- Apps: GPS, Alarms, Flashing
Lights

**Do not depend on
your memory!**



510- 451- 3140

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