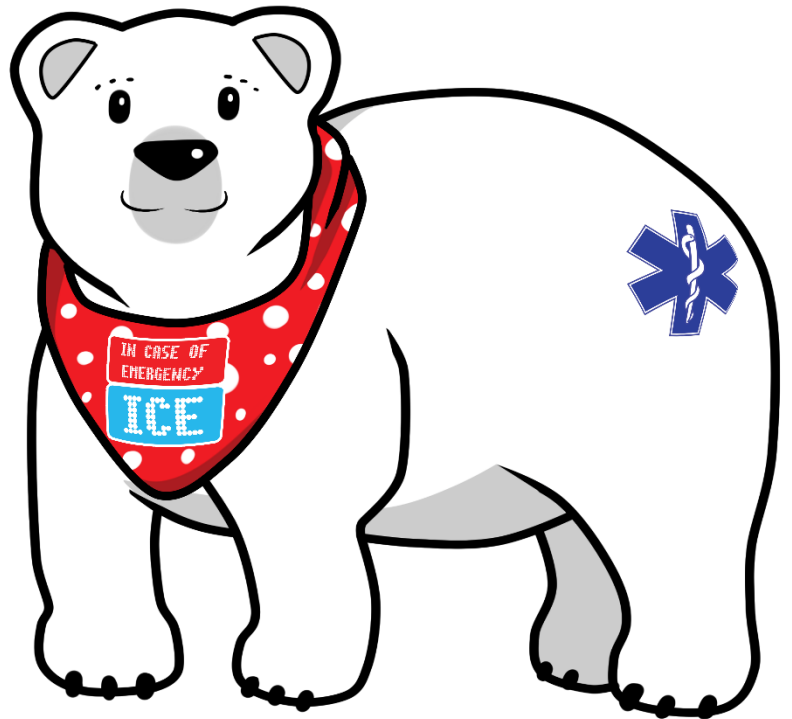# Cool as ICE!

It's so exciting when we get our first mobile phone! Now we get the chance to download some cool apps, play games, text our friends and more. Owning a mobile phone also gives us the chance to become more independent as, when we go out, we can still keep in touch with home!

Another cool thing about owning a mobile phone, is that it can also help us if we find ourselves in an emergency situation.

What is ICE?

ICE stands for 'In Case of Emergency' and is a way of having our emergency contacts available on our phone.

If we happen to be in an emergency situation, and unable to speak, having an ICE contact on our phone can help paramedics and hospital staff find out more about us by contacting our family.

IN CASE OF EMERGENCY

ICE

Icey says "Be prepared!"

How to ICE your phone!

For example, add 'ICE mum' and her number to the owner information of your phone or make a wallpaper so that it can be seen if your phone is locked.

Provided by the creator of ICE – In Case of Emergency, Bob Brotchie.

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