

# ICE

## File of Life Program

**PROGRAM GOALS:** The ICE Program provides first responders vital information necessary to deliver the best emergency medical care for all Lee County residents and visitors while showing compassion and respect to all.

**DESCRIPTION:** ICE stands for In Case of Emergency. The concept centers on being prepared. You select who should be contacted when you are involved in an emergency. You insure that person has your current medical information readily available.

To ICE your **phone**, you simply enter the word ICE before the person you chose to be your emergency contact in your phone book. If you have more than one emergency contact, you enter ICE1, ICE2, ICE3 etc.

To ICE your **home**, you place a sticker on a window near the front door. Fill out the ICE Medical and Contact Information Form, fold and insert into the red magnetic envelope. Place the magnetic envelope on your refrigerator door.

To ICE your **car**, place a sticker on the windshield and a copy of the completed ICE Form in your glove box.

To ICE your **motorcycle or bicycle**, attach the sticker to the outside of your helmet. You can tape your emergency contact's name and number inside your helmet or carry your cell phone with your pre-programmed ICE contact.

To ICE your **boat** place the sticker on your console or outboard motor cover on small boats. Insert your completed ICE Form into a zippered plastic bag and keep in your life jacket pocket or dry box.

### MEDICAL AND CONTACT INFORMATION FORM

This should be filled out completely and updated twice a year—Daylight Savings Time changes are suggested. The form can be downloaded from [www.leecountyinjuryprevention.org](http://www.leecountyinjuryprevention.org) any time.

**COORDINATION:** *This program is coordinated and endorsed by all Lee County Emergency Responders and the Lee Memorial Health System.*