Wellness Matters

Safety Matters!

PROGRAM YOUR PHONE TO BE YOUR GREATEST SAFETY TOOL!
Program “ICE” – your “In Case of Emergency” contact – into your cell phone.

PERSONAL EMERGENCY CONTACT NUMBERS

First Aid and CPR Instruction

Shelter-in-Place information

RALLY POINTS NEAR HOME & WORK

emergency daycare

“If found, please call…”

medicine / medical conditions

photos of loved ones & pets

EMERGENCY FLASHING LIGHTS

food and medical allergies

non-emergency local fire

non-emergency local police

Provided by: CARD - Collaborating Agencies Responding to Disasters www.CARDCanHelp.org
ICE (In Case of Emergency) Instructions
For non-Smart phones; Link: http://www.wikihow.com/Add-ICE-to-Your-Cell-Phone
For I-Phones; Link: https://itunes.apple.com/us/app/ice-medical-standard/id412786820?mt=8
For Android phones; Link: https://play.google.com/store/apps/details?id=com.aboutthekids.icestandard&hl=en