

I C E Case of Emergency

***“Ask, and you will be given what you ask for, Seek, and you will find.
Knock, and the door will be opened. For everyone who asks, receives.”
(Matthew 8:7-8)***

Would you believe that **I C E** could save your life? When used as an acronym for “in case of emergency,” it can. When paramedics or emergency personnel try to care for patients who are unconscious or in shock, they may not even be able to identify that patient, let alone obtain an accurate picture of his medical status or allergies. Often, very ill or severely injured people cannot provide health care professionals with their basic health history. Health care workers who are trying to save lives waste precious time and energy trying to figure out what health conditions a patient in crisis may have. Access to the phone numbers of family or friends by medical personnel can make the difference between timely treatments for a medical condition and death.

There is currently a campaign in the health care community to help identify the family member of a sick or injured person who is unable to provide this information. The goal is to have every cell phone user put an entry into their phone’s address book under the heading “ICE.” The phone’s owner lists any and all people they would like to have notified in case of an emergency. It is a simple idea and costs absolutely NOTHING! Yet it could, at the very least, let a family member know that someone has been injured or is ill, and where they have been taken. With **I C E**, the emergency staff can easily reach someone who knows and cares about you and your medical history.

While not everyone carries a cell phone, as of 2007, 248 million Americans did! So, this simple idea could impact a large number of people in a positive way. If you want to list more than one person, you can list them as ICE2, ICE3, etc. If you do not own a cell phone, or don’t normally carry it with you, consider making up an information card that contains this data. Make it a habit to carry a list of the medications you take, including vitamins and herbals. This is a real eye

opener for health care workers. For instance, if a person normally takes medication for high blood pressure and/or diabetes, then emergency personnel have important clues into the health problems they are dealing with, saving time and lives.

Give these important issues some thought. Do you normally carry I.D. with you if you are out walking or in the mall? Do you carry emergency contact information? How might you carry this information so a medical professional could find it easily? A few simple steps now could help you immensely in case of a true emergency.

For more information visit...

http://en.wikipedia.org/wiki/In_case_of_emergency