

WHO IS YOUR CONTACT IN AN EMERGENCY?

When you are involved in u3a activities it is important that you carry the name and telephone number of someone (e.g. spouse, neighbour or friend) who can be contacted in an emergency.

This would be used in the event that you are unable to communicate. If you're involved in a u3a activity, especially before a walk or excursion the leader/organiser will check this.

There are several ways in which you can have this with you

1. Use an I.C.E. card (available on request) but ...can also
2. Keep a piece of paper in a wallet/purse
3. Stored on your phone (instructions below)
4. put it on key fob attached to your car/house key

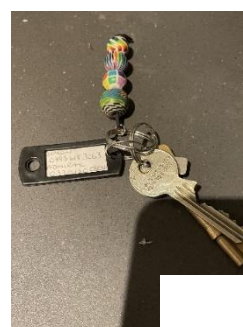
In Case of Emergency Card
also known as
an I.C.E. Card



How to Record I.C.E. on a Phone

For Android:

1. Open Contacts.
2. Tap Create Contact.
3. Name it ICE – [Name] (e.g., ICE – Mum).
4. Add their phone number and any key medical info in the notes.
5. Tap Save.
6. To make it accessible from the lock screen, go to Settings > Safety & emergency > Emergency information, and add contacts and medical details.



In case of
emergency
ICE



For iPhone:

1. Open the Health app.
2. Tap your profile picture > Medical ID.
3. Tap Edit (top right).
4. Add emergency contacts and medical info.
5. Toggle Show When Locked to ON.
6. Tap Done.

Whatever way you choose, it is important that you always have this information with you.