

PUT YOUR EMERGENCY ON ICE!!

ICE stands for "In Case of Emergency."

Paramedics responding to an accident in which the seriously injured or unconscious person carries no information about emergency contacts can waste precious lifesaving moments. They don't know the patient's medical history or allergies. Along with a medical band or ICE card in the billfold, this is a simple way to be prepared for the unexpected.

Have a Cell Phone? Turn your cell phone into a source of information for EMTs or other emergency personnel responding to accidents, crimes and disasters. Accompanying the ICE entry in your cell phone contact list would be the name and phone numbers of who should be called if something has happened to you. First responders to an emergency will see that you are participating by a visible "ICE" sticker on your phone.

No Cell Phone? There are wallet cards available which will have emergency contact information and should be carried with you at all times.

Here's how it works:

ICE#1 - Your doctor or a relative with info about health history.

ICE#2 - A local contact who knows your medical condition/history.

ICE#3 - An out of state contact who knows your medical condition/history.
Long distance may still work when local phone lines are down.

The AZ State Citizen Corps Council has designated AZ ElderBuilders as the leading organization to implement this program in the 5 counties served. Please contact your local ElderBuilders office for ICE Stickers and wallet cards.

Make sure you get the help you need, when you need it most!

Yavapai County: 3045 N. Tani Road, Prescott Valley, AZ 86314
(928) 772-1770 Toll-free 866-772-1770

Navajo County: 540 E. Deuce of Clubs, Show Low, AZ 85901 (928) 532-7181

Pinal/Gila County: 525 Sullivan St., Miami, AZ 85539 (928) 473-2100 Toll-free 1-800-322-2545

La Paz County: 67668 Salome Rd, PO Box 1405, Salome, AZ 85348, (928) 328-1808
(928) 859-3402 Toll Free 1-866-550-5814

