What is In Case of Emergency (ICE)?

Personal security has become more of a concern these days and with just about everyone carrying cell phones around, Inner Security Systems, Inc. <http://innersecurity.com/> suggests that we should spread the idea of ICE, or In Case of Emergency contacts in our cell phones. The idea behind in case of emergency contacts is to label the contacts in your cell phone that you would want people to contact in an emergency situation. According to a recent survey, 75% of people that own cell phones do not distinguish possible emergency contacts from the rest of their contacts list. People generally put their spouses in their cell phones by name and the labels “mom” and “dad” may be contact names for people who are not in fact their parents. By clearly labeling ICE contacts within your cell phone, people can easily find your next of kin in case you should encounter an emergency situation.

To properly utilize the idea of ICE contacts <http://innersecurity.com/safety.htm>, you should enter the term “ICE” as the name of the person you want to serve as your emergency contact. If there are several people that can serve as your emergency contacts, than the contacts should be saved as “ICE1”, “ICE2”, or “ICE Mom” so that they are clearly distinguishable from the rest of your contacts. Labeling your ICE contacts within your phone is good way of ensuring that if you are involved in an emergency, the people closest to you will be contacted. Inner Security Systems, Inc. also warns about how scammers have tried to twist the ICE campaign into a hoax with e-mails perpetuating false rumors that ICE is a cell phone virus. The e-mails say that setting up an ICE account within your phone, especially pay as you go phones, acts as a modular system that changes phone settings and drains pay as you go credit. There is no merit to these e-mails and establishing ICE contacts is as easy as saving the term “ICE” as a contact name without having to set up any type of account. So save your ICE contacts in your cell phone so that your next of kin can be contacted should an emergency arise.