

## Personal Safety -- Emergencies

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This article discusses three things you can do to improve outcomes in personal emergency situations. This involves helping medical personnel identify any critical medications you require as well as pertinent health information, helping them identify your 'in case of emergency' contact, and helping them determine your location in the context of a 911 response.

### Medical Information – 911 Stickers & Vials

Good communication with the medics who answer a 911 call for help at your residence can mean the difference between life and death. However, conditions may make it impossible for you, or anyone who knows you well, to answer the questions they ask.



Here's an effective way to insure that doesn't happen if you have a crisis: Attach a 911 Alert sticker to your home's door. Alerted by the sticker, the paramedics will open your refrigerator and search the door shelves, looking for the *cold* facts you've recorded and stored there in a yellow plastic vial. Your medical history, along with your current medical and pertinent personal information, will be an important factor in the positive outcome to your situation. <http://www.clallamfire3.org/911vial.htm>

Stickers, vials and forms are available from the Sequim Senior Center, 921 E. Hammond, 683-6806 and from Clallam County Fire District #3 office at 323 North 5<sup>th</sup>. You may call Fire District #3 at 683-4242 for help in filling out the form. You can view the form at: <http://www.clallamfire3.org/911ALERTWeb.doc>

### In Case of Emergency (ICE) Contact

ICE, standing for In Case of Emergency, was the brainchild of English paramedic Bob Brotchie, who thought it would be useful if people used the acronym to store the name and number of an emergency contact in their mobile phone. News spread rapidly after the London bombings on July 7, 2005.

To set up ICE on your cellular phone:

- Step 1: Create a new contact in your cell phone
- Step 2: Name the contact ICE
- Step 3: Program the number for your emergency contact



For more information about ICE as well as (paid) service for those who don't carry a cell phone, see: <http://www.icecontactusa.com/>

Since the official launch of the ICE Awareness Campaign, news and media coverage in the United States, United Kingdom, Australia, New Zealand, Jamaica and Singapore has reached millions of people, making ICE internationally known. To date (by 2007) it is estimated that approximately 10 million cellular subscribers have entered ICE into their mobile devices.

Note: the ICE concept is intended to address situations where you are away from your home. When the emergency is in your home, the emergency phone contact is part of the information listed on the page in the 911 vial.

### Locating Your Residence in a 911 Response

The reminder here is to be sure that your green house number sign (mounted on a metal post) is clearly visible from the road in front of your house. These signs, also known as 911 signs, are critical in helping a 911 response unit find your house. Given our hilly terrain and fast growing shrubbery, these signs can sometimes become hidden or obscured. So, just double check the visibility of your sign when you do your annual yard pruning.

David Stahl, Safety & Awareness Chair

