Emergency! Information

By Phil Newlin

We go about our daily activities with relative ease and convenience. At any given time though we may encounter an emergency situation at home or away in which we are unable to communicate with those providing help. Under these circumstances, emergency medical and contact information is invaluable to family, friends, and first responders.

There are a number of methods to present this information "In Case of Emergency", or ICE, including bracelets or jewelry, wallet cards, and on your mobile device. Each of these methods have their pros and cons. I use all three methods to cover as many situations as possible. The bracelets and jewelry are easy to get to, but have limited space for information. Typically, these would be engraved by a retailer and have additional costs when they need updating. Wallet cards provide space for much more information and are free if you make your own, and can be updated easily, but are not as durable unless protected. Retailers can make printed plastic or laminated cards for a fee. At the end of the article is an example for a wallet card you can create yourself. Now, with our mobile devices, there are features that access information quickly and easily. The drawback with our tech devices is that they could be damaged, not function, or run out of power. Since they can be useful, I'll provide the steps to setup emergency information for iOS (iPhones) and Android phones.

Both operating systems provide ways to make emergency contact calls even if you have a lock screen, which you should set up to protect your personal information if you haven't already. The instructions below may not apply to your version of device or software, but the steps should be similar. Contact me if you need assistance or ask your grandchild!

For iPhones (Apple iOS):

1. Open the Health app on your phone, a white box with a red heart in it. You may need to press and hold the icon to open a selection menu.
2. Select the "Medical ID" tab.
3. Select "Edit" at the top of the screen.
4. Make sure that the "Show When Locked" slider is green.
5. Below, fill in the various fields. If there's a section that isn't relevant, such as "Medical Conditions" or "Allergies & Reactions," it's a good idea to write "N/A" or "None" instead of leaving it blank to avoid any confusion.
6. At the bottom is the "Emergency Contacts" section; tap "add emergency contact" to create a new contact. Note that you need to have this person's name and number saved in your phone's contacts list in order for the app to pull it in.
7. Once you've selected a contact, indicate their relationship to you.
8. You can add more than one emergency contact; continue repeating steps 6 and 7 until all your emergency contacts are added.
9. Select "Done" at the top of the screen.

To test that your Medical ID contains all the information you added, lock your phone, and then wake it back up to reveal the Touch ID/passcode lock screen. Tap "Emergency" in the lower left corner to bring

up the SOS keypad — you'll see the "Medical ID" link in the bottom left. Press this to bring up your ICE info as well as emergency numbers that can be tapped and dialed directly from that screen.

How to use Emergency SOS on iPhone 8 and newer (only use in an emergency)

By default, Emergency SOS is set up so you have to press both the side button and one of the volume buttons to activate.

1. Press and hold the Side button and either volume button on the sides of your iPhone.
2. Continue holding the Side button and volume button as the SOS emergency countdown begins.
3. You can also swipe right on the Emergency SOS switch to activate the call immediately by releasing the side buttons once the screen comes up.
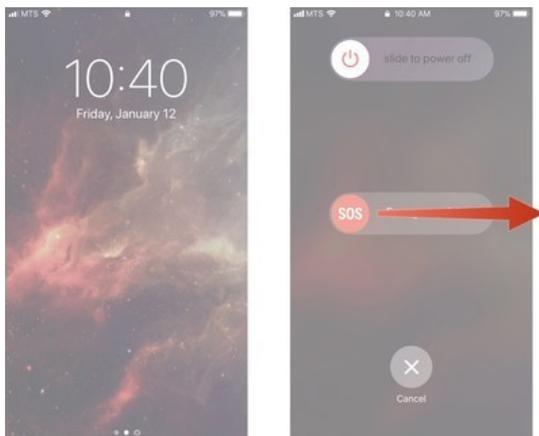
How to use Emergency SOS on iPhone 7 and older (use only in an emergency):

Rapidly press the side button *five times*.

Your phone will automatically start a countdown and then call emergency services.

There are SOS features that can be activated or disabled by going to "Settings", then select "SOS".

For Android Phones (Samsung, HTC, Motorola, Nokia, and others):

1. Go to Contacts.
2. Tap on your profile at the top of the list
3. Select "Edit" at the top.
4. Select "Emergency medical info"
5. Fill in the appropriate information.
6. Select "Done" at the top.
7. Select "ICE – emergency contacts".
8. Add contacts from your contact list.
9. Select "Save" at the top.
10. Select "Save" again at the top to complete.

To verify information and use the "Emergency Call" feature,

1. Access your lock screen by swiping to the side or up on the home screen
2. Select "Emergency Call" at the bottom of the screen.
3. Select the red person outline icon at the bottom left to see Emergency Medical Information that you entered.
4. At the top is your list of emergency contacts, with 9-1-1 as the first icon. These can be dialed by tapping or another number can be dialed manually with the keypad.

Android also has a "Send SOS Messages" feature. This will send a help text to your selected contact(s) with location information and if enabled, a short audio file, and pictures from the front and back cameras.

1. Go to "Settings".
2. Select "Advanced Features".
3. Select "Send SOS messages".
4. Enable the feature and any of the other options.
5. Select "Send messages to" to add the contact(s) you'd like to send an SOS message to.

To send an SOS message, press the side (Power) button on the right side of the phone quickly 3 times. Hold the phone in a position to take the desired pictures to send if that option was enabled.

The Android software has multiple ways of entering emergency information. This is just one way and based on what I could do with my phone. A search on the internet, if you have access, for your particular phone and software should result in specific instructions and many more details. The information that I used here came from Huffpost.com, Imore.com, and Samsung.com.

When I initially thought about emergency situations, I decided I needed to carry my wallet with my ID and emergency card with me everywhere, including around the house, in case of an earthquake or fire and had to evacuate. You may want to consider this practice also.

Wherever you might be, whether at home, driving, shopping, visiting family/friends, you never know when a personal emergency may occur. Take the time now to prepare for this possibility by setting up emergency information using your preferred method or methods. And encourage your friends and family to do the same. Having emergency information readily available could help with proper treatment and save your or their life.

This medical wallet card below can be filled in online and printed for free at Allfreeprintable.com.

Emergency Medical ID Card

Your Name Here

Full Address with City, State, Zip Code	Phone Number
	Blood Type: Blood Type
	Date of birth mm/dd/yy

Emergency Contacts

| Contact #1 | Day Phone #1 | Night Phone #1 |
| Contact #2 | Day Phone #2 | Night Phone #2 |

Physicians

| Doctor #1 | Physicians Phone #1 |
| Doctor #2 | Physicians Phone #2 |

Conditions/History

Medical conditions or history goes here

Medications

Medication #1	Dosage #1	Frequency/Reason #1
Medication #2	Dosage #2	Frequency/Reason #2
Medication #3	Dosage #3	Frequency/Reason #3

Allergies/Other Information

Allergies/Other Information

www.AllFreePrintable.com