

## It's Time to ICE Your Cell Phone

**Be prepared with this quick tip in case of an emergency.**

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Protect yourself and your horse and ICE your cell phone. ICE stands for In Case of Emergency. ICE is an international designation that emergency medical technicians and emergency responders are trained to look for by searching the Contacts section of your personal cell phone. That's a big help if you're injured and unable to speak as a result of any type of accident or debilitating illness.

Take a few minutes to make the entries. ICE your cell phone for your own medical information (your physician's phone number), and ICE HORSE for your horses. The ICE info for your horse should be the name and phone number of your veterinarian or the person you would want contacted to make decisions about your horses.