In Case of Emergency Settings on Cell Phones

⌨ iPhone (Apple) – Medical ID & Emergency SOS

☑ Set Up Medical ID

- Open the Health app.

- Tap your profile picture (top right).

- Tap Medical ID > Edit.

- Add important info (conditions, medications, emergency contacts).

- Toggle Show When Locked ON.

- Tap Done.

- 🆘 In an emergency, first responders can access this from the lock screen by tapping Emergency > Medical ID.

🚨 Emergency SOS

- Press and hold the side button + volume button OR tap the side button 5 times quickly.

- iPhone will call 911 (or local emergency services).

- After the call, it sends your location to your listed emergency contacts via text.

- It updates them if your location changes.

PREGNANCY & SUBSTANCE USE: A PEER'S ROLE

Module 1.3: Helping Participants Find Support

🤖 Android – Emergency Information & SOS

☑ Set Up Emergency Info

- Open Settings.

- Tap About phone > Emergency information.

- Add emergency contacts and medical details.

- 🆘 Emergency responders can access this from the lock screen (varies by model, often under "Emergency" > "Emergency Info").

🚨 Emergency SOS

- Go to Settings > Safety & emergency (or similar).

- Turn on Emergency SOS.

- Choose what happens when you press the power button 5 times:

- Call emergency services.

- Share your location.

- Send a text alert to selected contacts.

📝 Bonus Tip

Encourage people to name emergency contacts in their phone as "ICE" (In Case of Emergency) – e.g., ICE – Mom. First responders often look for this.