UNC Comprehensive Stroke Center

Emergency Contacts for Any Smartphone

Call 911 for Signs of Stroke

1) Open your note taking app
2) Type whatever ICE (In Case of Emergency) information you would want emergency responders to know. This might be next of kin, allergies, medications etc.
3) Take a screenshot or picture of your note
4) Use this screenshot picture as your LOCK screen. It will look something like this:

Remember to make sure that you keep this information up-to-date
UNC Comprehensive Stroke Center
Stroke is an EMERGENCY, know the signs and call 911

Call 9-1-1 For New Signs of Stroke.
Act FAST, Time is Brain.

Face—does it look uneven?

Arm—is one arm or leg weak?

Speech—does it sound strange (slurred or hard to get out words?)

Time—time is brain, time to call 9-1-1

Sudden onset of difficulty with balance, vision changes or sudden severe headache with no known cause are also symptoms of stroke.

Call 9-1-1 immediately. Time is brain.