

PREPARE YOUR CELL PHONE FOR AN EMERGENCY WITH THESE TEN TIPS



1. For an emergency response to get police, fire, or medical attention, call 911. Any cell phone with a charge can get a voice call through to 911 even without a SIM card or service plan. Don't let kids play with old cell phones!
2. Save these numbers to your contacts: all are available 24 hours/day and free to use.
 - Holladay Police non-emergency: 801-840-4000
 - Utah Poison Control: 1-800-222-1222
 - National Suicide and Mental Crisis Helpline: 988
3. Designate emergency contacts and medical information on your phone for first responders. iPhone users can use the Health app. Android users can go into their settings, then "safety & emergency." Any information you enter can be seen without unlocking your phone.
4. Consider keeping a shared note on your phone with medical information for your household: drug or food allergies, blood type, and current medications with dosage. It's stressful to relay this information correctly when the adrenaline is flowing.
5. Utah K-12 students can download the free SafeUT app to use to report school safety situations or to get immediate mental health help.
6. Opt IN to wireless emergency alerts. In settings, look for "notifications" or "safety and emergency." This will get you urgent weather or safety alerts appropriate for your current location.
7. Keep a printed list of your closest contacts' phone numbers and addresses in case you need to borrow someone else's phone. Kids and parents need to memorize each other's numbers!
8. Purchase a portable power bank to charge your phone away from home. It's especially useful if you get one that can recharge on solar power.
9. Buy a battery-powered wristwatch to tell time during an emergency instead of using your phone as your only clock. A travel alarm clock might also be useful.
10. Review your battery saver, airplane, do not disturb, and bedtime modes to know which notifications you will get in each setting. Make sure you can get the right messages while preserving battery in a crisis.