

# Help yourself and others!

Put ICE card into your wallet and it will help your lifesavers in case of emergency.

- Disable document scaling in printer settings, so you can print right sized card.
- Use thick paper for more durable card.
- Cut the card from paper and put it in your wallet in way that ICE border stays visible.

Please, spread information about ICE card to the world :)

[geticecard.com](http://geticecard.com)

ICE Card	<b>In Case of Emergency Card</b>		ICE Card
NAME			SEX
CARDHOLDER'S CONTACT			BLOOD GROUP
PRIMARY CONTACT	RELATION	NUMBER	
SECONDARY CONTACT	RELATION	NUMBER	
HEALTH INFORMATION			
I WISH TO DONATE MY ORGANS AND TISSUES AFTER DEATH			

紧急联系方式	<b>紧急联系方式</b>		紧急联系方式
名字			性别
联系方式			血型
手机号	电邮:		
第一联系人	关系	手机号	
第二联系人	关系	手机号	
个人医疗信息			
我希望死后捐献内脏以及眼角膜和皮肤。			