

iPhone & Emergency Preparedness

Your iPhone can be a valuable tool for personal safety and emergency preparedness. Whether it be making life-saving emergency calls, alerting family and friends if you are in trouble or providing critical health information if you are unable, the iPhone can be a difference maker during unforeseen circumstances.


KEEP IN MIND

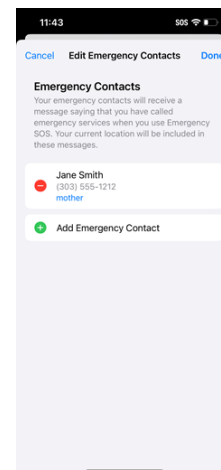
- Some emergency and safety features may not be available depending on your model of iPhone and which version of iOS it is running. Some emergency and safety features may not be available depending on your model of iPhone and which version of iOS is running, particularly if you are using an older device.
- If you're having trouble finding a specific feature on your phone, you can try searching for it using your Settings app's search bar.

Prepare for an emergency

Adding emergency contacts lets you use your phone to quickly call someone who can help if you get lost or hurt. You can call or text your contacts without having to unlock your phone, saving time for you and the first responders try to help you.

Add an emergency contact


1. Open the Health app.
2. Tap your profile picture. 
3. Tap Medical ID.
4. Scroll down and tap Emergency Contacts.
5. Tap (Add or Edit).
6. Tap + Add Emergency Contact.
7. Choose a person from your contacts list.
8. Choose a relationship.
9. Tap Done.

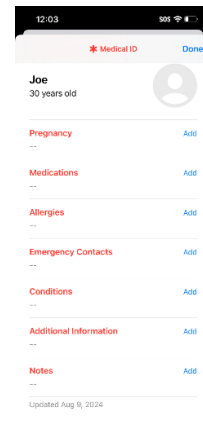


Medical ID

The Medical ID feature on your iPhone stores important details about your health like if you're allergic to something or if you need special medicine. Once you add your medical information it becomes available from your phone's lock screen. This information is important to share with first responders and having this information on your phone helps them take care of you.

Add your medical information

1. Open the Health app.
2. Tap your profile picture. 
3. Tap Medical ID.
4. Tap Get Started.
5. Add your name and date of birth, then tap Done.
6. Add your medical information.
7. Tap Done.

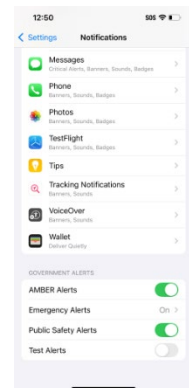


Government Alerts

Government alerts, which are enabled by default, notify you about natural disasters or local emergencies.

Choose which alerts to receive

1. Go to settings and tap Notifications.
2. Scroll down to Government Alerts.
3. Turn on or off the alerts you would like to receive.

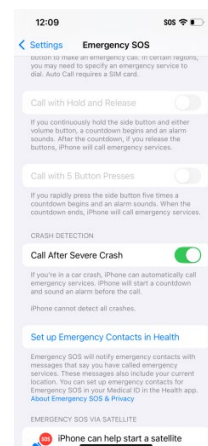


Crash Detection

Crash detection on your iPhone will call 911 and alert your trusted emergency contacts when your phone thinks you have been in a severe car crash.

Enable crash detection

1. Open the Settings app.
2. Tap Emergency SOS.
3. Turn on Call After Severe Crash.



Get Help in An Emergency

There are two ways to activate Emergency SOS on your iPhone.

1. Press and hold the side button and one of the volume buttons until you see the Emergency Call slider. Slide the slide to the right to call emergency services.
2. Press and hold the side button and one of the volume buttons until you see a countdown start and hear an alert. Release the buttons when the countdown finishes.

Your phone will:

- Call emergency services and share your location (enabled by default)
- Share your information with your trusted emergency contacts (must be enabled)



No setup required:

Text 911

You can text 911 anywhere in Rhode Island to report police, fire, or medical emergencies. This service is available statewide and is designed for situations where a voice call is impossible, such as for the deaf, hard of hearing, or when you are in danger and cannot speak.

Key Details for Texting 911 in RI:

- "Call if you can, text if you can't": Voice calls are faster and preferred, but texting is a reliable alternative.
- How to Text: Enter "911" in the "To" field, provide your exact location (including town), and the type of help needed in the message.
- Limitations: Do not send videos, photos, or emojis. Keep messages brief and in English.
- No Roaming: The service does not work if your phone is in roaming mode.
- Limitations: Unlike voice calls, text-to-911 does not provide real-time, precise location tracking, so you must state your location.

If texting is not available or if you receive a "bounce-back" message, you must call 911



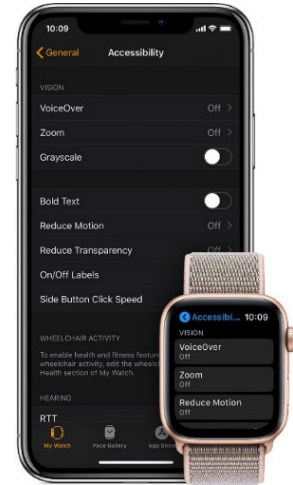
*information from [Android Emergency Preparedness](#) and <https://ri911.ri.gov>

The Apple Watch Can Help Keep Seniors Safe

The biggest Pros for buying the Apple Watch for a senior include the health and emergency features offered, beginning with the heart rate monitoring options.

GPS vs GPS + Cellular versions

The later model Apple watches have two versions, one capable of making and receiving phone calls via the cellular network, known as the GPS version, and one that uses Wi-Fi to connect to your phone and get online, known as the GPS + Cellular version. If you chose the GPS + Cellular version, the older person is basically wearing a self-contained emergency device that will work at home or away, and they don't need to remember to bring their iPhone or be able to reach their iPhone in an emergency. Also, the GPS can be used to locate a missing loved one if they are wearing their Apple Watch.



- GPS tracking/Location sharing- Set up Family Sharing, share your location with your family and Find My Apple Watch.
- Cellular version requires you to purchase its own plan monthly plan of about \$15 per month. Most Wireless plans for Apple Watch are \$15 per month,

Health and Safety Features

Heart Rate app- you can get your heart rate whenever you like and record the data.

The Apple Watch Emergency SOS feature -After the Apple Watch calls emergency services, it will send your designated emergency contacts a text with your location.

Apple Watch Fall Detection – only on the Apple Watch Series 4 or latter's built-in accelerometer and gyroscope, the device can detect when a user has taken a bad fall. The watch will tap the user on the wrist, display an alert message, and sound an alarm. If the user is OK, they can tap I'm OK or close the alert on their Apple Watch.

Medication Reminder Apps - free medication-reminder apps for the Apple Watch can help them stay on track. Search for Medication Reminders in the app store to find the app that works best for you.

Blood Oxygen Sensors and ECG- only available on Apple Series 6: Blood Oxygen Sensor- allows you to monitor your oxygen saturation from your wrist. Electrocardiogram (ECG) System - capable of detecting whether you're experiencing cardiac abnormalities such as atrial fibrillation.