

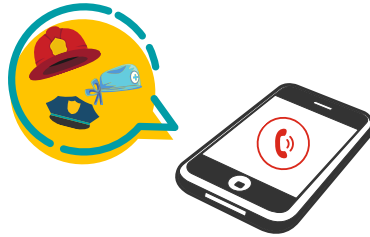


FEEL SAFE



SOS SMARTPHONE

HOW TO USE YOUR SMARTPHONE IN EMERGENCY



Smartphones make it possible to automatically contact emergency services and to save and share the information needed to handle an emergency. It is important to know that many functions require the smartphone's operating system to be updated to the latest version. Whether using a smartphone with the Android operating system or the iOS operating system, some functions require the system to be updated to the latest version.

The latest generation of smartphones have specific apps installed for use in an emergency (e.g., the Emergency app for the Android operating system), while for other smartphones, you can enter the necessary information to be shared in an emergency via the phone's settings.

HOW TO PREPARE FOR AN EMERGENCY

Anyone who comes into possession of your phone can view the message and emergency information on the lock screen even if the phone is locked. This setting is always active on the latest generation of smartphones, but can be deactivated via the appropriate app. For other smartphones, the information can be set manually.

Examples of information that can be set are emergency contacts, any treatment being taken or allergies.

RECEIVING ASSISTANCE DURING AN EMERGENCY

If you find yourself in an emergency situation, you can use your smartphone to initiate calls for help, share your location with your emergency contacts or helpers and record a video.

It is important to know the settings for calling for help to avoid accidentally initiating a call. If, even if you are paying attention, you accidentally contact help, do not hang up.

The right thing to do is to wait for someone to answer and explain that you do not need help.