Emergency SOS: Get Help Fast

If you ever need help and cannot dial, your phone can call for you. Emergency SOS calls 911 by itself and then texts your emergency contacts with your location. It works even from the lock screen — no passcode needed. Set it up once, and hope you never need it.

In an emergency, right now

- iPhone: press and hold the side button and a volume button together until a countdown finishes — the phone calls 911 by itself. (You can also slide the red SOS slider if you can see the screen.)
- Samsung: if you set it up below, press the side button quickly five times — the phone sounds an alarm, counts down, then calls 911 and texts your emergency contacts your location.
- Locked phone, any iPhone: on the passcode screen tap Emergency, dial 911, and tap the call button.

Set it up now, while you are calm

1. Add emergency contacts. These are the people your phone texts after an SOS call. iPhone: open the Health app, tap your picture, tap Medical ID, tap Edit, and add contacts under Emergency Contacts. Samsung: open Settings → Safety and emergency → Emergency SOS and add your contacts there.
2. iPhone extras: open Settings → Emergency SOS. You can turn on Call with 5 Presses (press the side button five times quickly to start the call) — pick whichever is easier for your hands.
3. Samsung extras: in the same Emergency SOS screen you can turn on sending a short audio recording and photos with the SOS text — helpful if you cannot type.
4. Fill in your Medical ID (iPhone Health app, same screen as step 1): allergies, conditions, and medicines. First responders can read it from your lock screen even if you cannot speak.

A note about accidents

Practicing the button presses is smart, but be careful: finishing the countdown or the five presses places a real 911 call. If you ever trigger one by mistake, stay on the line and tell the dispatcher it was an accident — hanging up sends help to check on you.

When to call Sean instead

- You want me to set up your emergency contacts and Medical ID with you.
- Your phone keeps triggering SOS by accident (a loose pocket or a case can do it).
- You are not sure whose numbers to list as emergency contacts.

Need a hand? Call Sean at **(813) 770-6082**.