How to Prevent Fires

1 **If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed. Never smoke if oxygen is used in the home.

2 **Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn-including you. Shut off heaters when you leave or go to bed.

3 **Stay in the kitchen when frying food.** Never leave cooking unattended. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication.

4 **Stop, drop, and roll.** If your clothes catch on fire stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.

5 **Smoke alarms save lives.** Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, use interconnected alarms so when one sounds, they all sound. Make sure everyone in your home can hear the smoke alarms. Test the alarms monthly.

6 **Plan and practice your escape from fire and smoke.** If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.

7 **Know your local emergency number.** Your emergency number may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone.

8 **Plan your escape around your abilities.** Have a telephone near your bed in case you are trapped by smoke or fire. Have other necessary items near your bed, such as medications, glasses, wheel chair, walker, scooter, or cane.