



# Fire Prevention

## Reminders

**Smoke alarms save lives.** Have someone test them once a month by pushing the test button. Change smoke alarm batteries at least once a year.

**Plan and practice your escape from fire and smoke.** If possible, know two ways out of every room in your home. Make sure windows and doors open easily. Plan around your abilities.

**Give space heaters space.** Keep them at least three feet (one meter) away from anything that can burn.

**Be kitchen wise.** Wear fitted clothing when cooking. Never leave cooking unattended.

**If you smoke, smoke outside.** Provide smokers with large, deep ashtrays. Wet cigarette butts before throwing them out.

**Stop, drop and roll.** If your clothes catch on fire: **stop** (don't run), **drop** gently to the ground, cover your face with your hands, and **roll** over and over or back and forth to put out the fire.



Information provided by the National Fire Protection Association (NFPA) and the Centers for Disease Control and Prevention

