1 Fire Safety Card

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 medical oxygen is used in the home.

Remembering When™
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

CDC
Centers for Disease Control and Prevention

2 Fire Safety Card

Give space heaters space.

Keep them at least 3 feet (1 meter) away from anything that can burn – including you. Shut off and unplug heaters when you leave your home or go to bed. Always plug space heaters directly into a wall outlet, never into an extension cord or a power strip.

Remembering When™
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

CDC
Centers for Disease Control and Prevention

3 Fire Safety Card

Stay in the kitchen when frying food.

If you leave the kitchen, even for a short time, turn off the burner and move the pan to a cool burner. Use a timer when cooking. If you are cooking on the stovetop and leave the room, take a timer, an oven mitt, or a wooden spoon as a reminder that you have something cooking. 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. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting, rolled up, or short sleeves when cooking. Use oven mitts to handle hot pans. Use light-weight manageable pans.

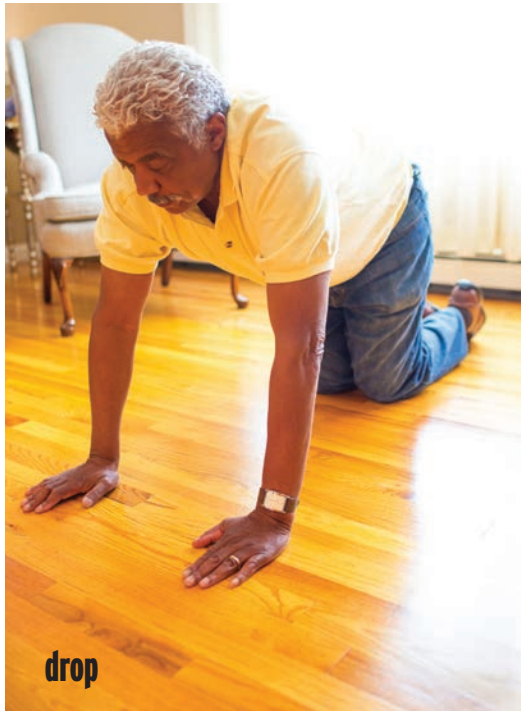
Remembering When™
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

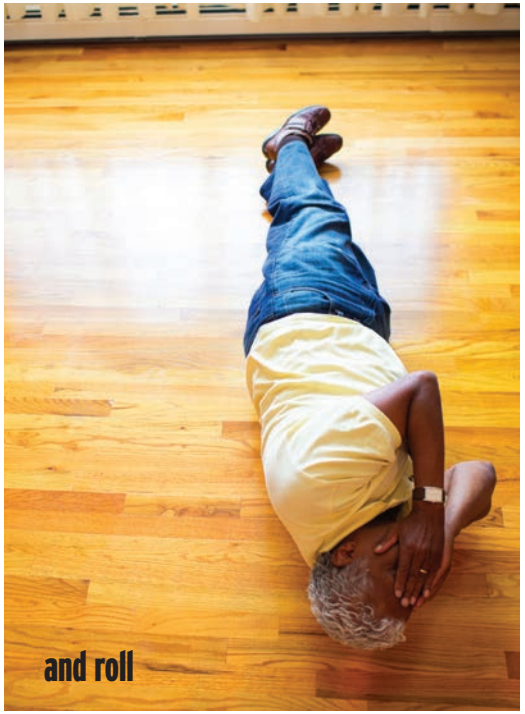
CDC
Centers for Disease Control and Prevention

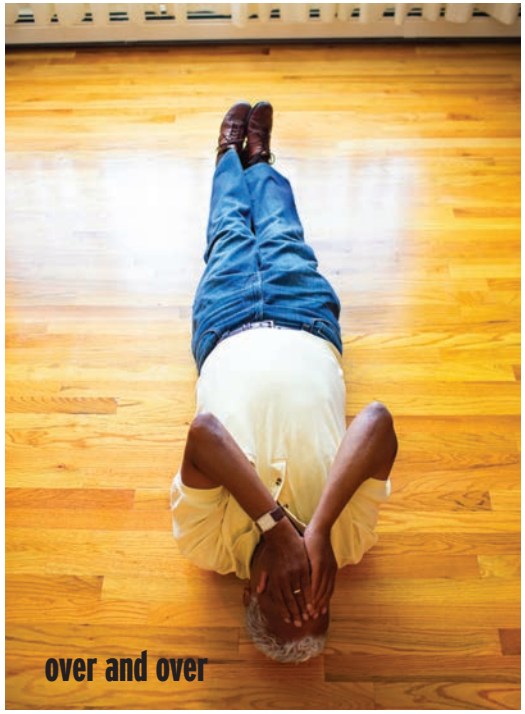
4 Fire Safety Card

If your clothes catch fire: stop, drop, and roll.

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. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first before getting out and then roll until the flames are out. If you are a bystander, consider grabbing a rug, blanket, or fire blanket to help extinguish the flames. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.







Remembering When™
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

CDC
Centers for Disease Control and Prevention

5 Fire Safety Card

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, make sure the alarms are interconnected so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Make sure everyone in your home can hear the smoke alarms. Replace all alarms that are 10 year old or older. If you are hard of hearing or remove your hearing aids to sleep, consider purchasing a strobe alarm and/or bed shaker. Install carbon monoxide alarms outside each sleeping area and on every level of the home. Test alarms monthly.

Remembering When™
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

CDC
Centers for Disease Control and Prevention

6 Fire Safety Card

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.

Remembering When™
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

CDC
Centers for Disease Control and Prevention

7 Fire Safety Card

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. In case of a medical emergency, have other emergency contact numbers (neighbor, family member) near the phone to call for assistance while waiting for first responder to arrive.

Remembering When™
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

CDC
Centers for Disease Control and Prevention

8 Fire Safety Card

Plan your escape around your abilities.

Have a landline telephone or cell phone and charger near your bed, with the local emergency number posted nearby in case you are trapped by smoke or fire. Consider subscribing to a medical alert system, which will provide you with a button you wear around your neck or on your wrist. If you have an emergency, just push the button and the service will send emergency responders. Have other necessary items near your bed such as medications, glasses, wheel chair, walker, scooter, or cane. Keep a flashlight and whistle near your bed to signal for help.

Remembering When™
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

CDC
Centers for Disease Control and Prevention