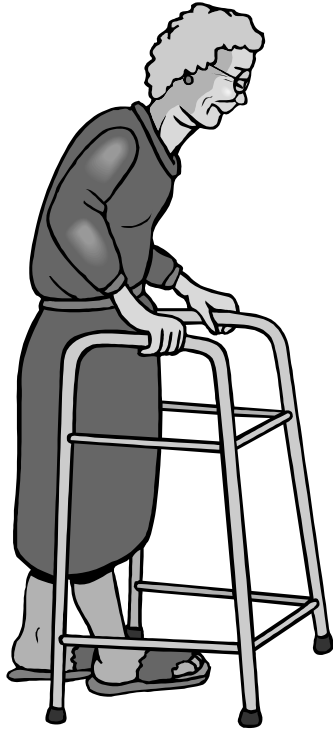




## Seniors and Fire



Did you know that 80% of all fire deaths occur in the home? Most of these fires could easily have been prevented. Deaths involving seniors and fire are particularly avoidable. Following the simple tips below can boost survival rates dramatically. For example, having a working smoke detector more than doubles your chances of surviving a fire. Please share the following fire tips, because knowledge is the best fire protection.

- The kitchen is a high danger zone for fire, so be extra cautious when cooking.
- Remember not to leave food unattended on the stove.
- Never use the oven to heat the room.
- Double-check the kitchen to be sure the oven and all appliances are off before going to bed.
- Don't wear loose clothes or have curtains hanging near a hot stove.
- Never smoke in bed.
- Keep flammable materials at least three feet away from your heater.
- Don't overload electrical outlets with several appliances.
- In case of a fire stay low to the ground, beneath the smoke, and have an escape plan already worked out.
- Install a smoke detector on every level of your home. Check the batteries every month and change them at least once a year.

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