

What to do if you are caught in an actual fire.

Fire spreads quickly. Even with early warning, you can be trapped in a fire. If you know what to do and are prepared, you may save your life and the lives of others.

- Most importantly, DON'T PANIC!
- Smoke and fumes are toxic. Remember to crawl low and quickly to safety.
- Touch all doors to see if they are hot before you open them. If the door is hot, use an alternate escape path. If the door is cool, open it carefully. Be prepared to close it quickly if you feel smoke or fire coming towards you. Remember to close the door behind you as you exit the room.
- If, for any reason, you can't get out of the room, keep the door closed. Stuff blankets, towels, or sheets in any cracks or openings around the doors and heating or air conditioning ducts. Open the window as long as no smoke is entering the room.
- Use a bright cloth or flashlight to signal your whereabouts. If there is a phone, call the fire department and tell them where you are.
- Stop, Drop, and Roll if your clothing catches fire.

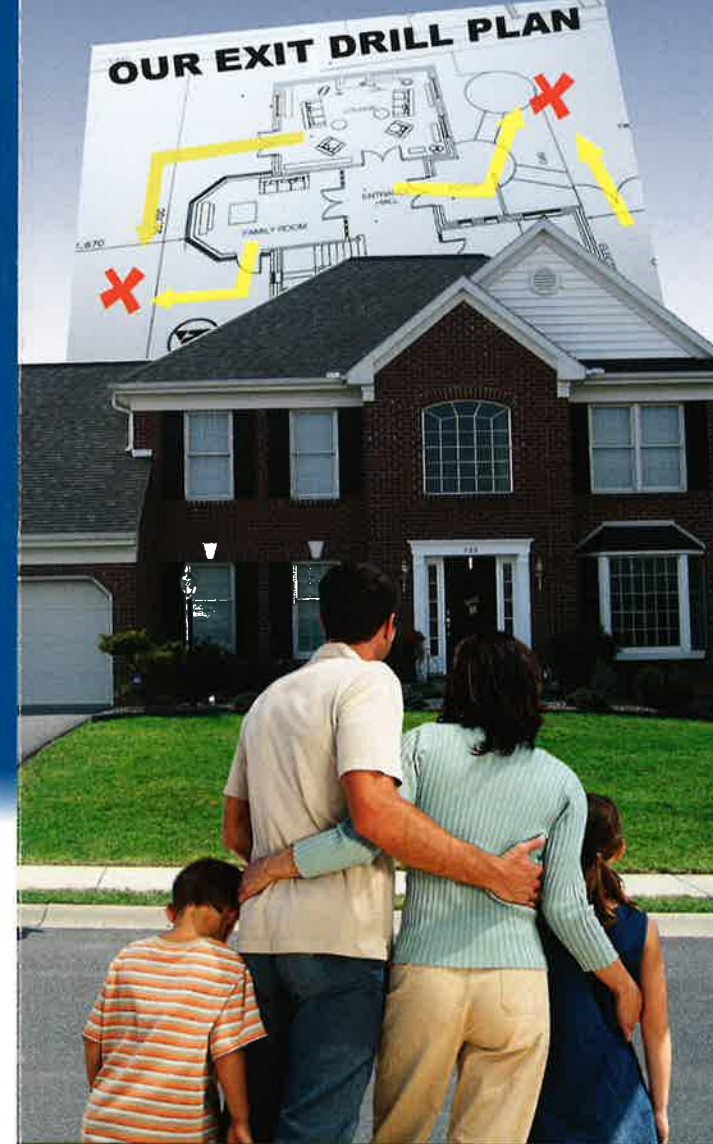
Things to Remember

- Test all smoke alarms at least once a month.
- Plan and practice your home fire exit plan with your entire family at least twice a year.
- In a real fire situation, get out of the house first and then call the fire department from a neighbor's house or cell phone.
- Leave valuables behind.
- Go to your family's predetermined meeting place immediately after escaping the fire so all family members may be accounted for.
- Never re-enter a burning building. If you believe a family member is trapped, alert firefighters of their possible location.

Frederick County Volunteer
Fire & Rescue Association

PLAY IT SAFE!

PLAN HOME FIRE DRILLS



THE FACTS YOU NEED TO KNOW ABOUT FIRE ESCAPE PLANNING

THE IMPORTANCE OF ESCAPE PLANNING

Did You Know?

Approximately 3,500 people are killed and more than 17,000 are injured in fires across this country every year.

Don't become a statistic! Plan ahead so you know what to do.

There are two very important measures that you can take to protect yourself and the ones you love.

1. Install and maintain smoke alarms on every level of your home.
2. Have and follow a carefully thought out and practiced escape plan.



Planning Your Home Fire Escape

- Bring all the people in your household together and write out your plan. Drawing a floor plan of your home and marking two exits from each room can prove to be a helpful aid, especially for children.
- Make sure all members of your household understand the escape plan. Be sure to assign someone to assist infants or anyone with mobility challenges.



- Choose an outside meeting place away from the home where all family members can meet after they have escaped. Examples of meeting places would be the mailbox, a neighbor's house, a street sign, etc. It is a good idea to share this meeting place with your neighbors as well.
- Walk through your home and make sure all escape routes are easily accessible and that doors and windows open easily. Never block an exit with furniture!
- Make sure your street number is visible from the street. You want emergency personnel to be able to find your home quickly.

Time to Practice!

Practicing your fire escape plan will help your family further familiarize themselves with the plan. If you did experience a fire, there would be less chance for panic and a greater chance that everyone will get out safely.

- Put your plan to the test by holding a family fire drill at least twice a year. It is important to practice in both warm and cold weather.
- It is a good idea to start your drill at night as that is when most fires occur. Also, because fire is very dark, it is good to practice at nighttime.
- During the drill, make certain that everyone, especially children, are awakened by the smoke alarm. If someone is not easily awakened, assign another family member to wake them up.
- While performing your drill, everyone should practice crawling on their hands and knees. In a real fire situation, smoke and toxic fumes rise so the cleaner air is near the floor. By crawling low, you'll be able to breathe.
- If your home has more than one floor, it is important that all family members have a way to escape from the higher levels. If necessary, place escape ladders in or near windows, in an easily accessible area. Practice using the ladder from a first floor window so all family members will be prepared to use it in the event of a fire.