

# FIRE GUIDE

## 1

### PREPARE

- Make a **Fire Escape Plan** with your family and practice it twice a year.
- Make an **Emergency Supply Kit**: Having enough food, water, and other supplies ready is important in case of an emergency. 72HRS offers various Emergency Kits. Choose one that best suits your needs.
- Install smoke alarms** on every level of your home, inside bedrooms, and outside sleeping areas.
- Establish a **family emergency communications plan** and ensure all household members know who to contact if they cannot find one another.
- Teach household members to **STOP, DROP** and **ROLL** if their clothes catch on fire.
- Teach children what smoke alarms sound like and what to do when they hear one.

## 3

### AFTER

- Follow directions from local authorities and first responder personnel.
- Give first aid where needed; cool and cover burns to reduce the chance of further injury or infection.
- Inform friends and family that you're safe.
- Stay out of fire-damaged homes until local fire authorities say it is safe to re-enter.
- Discard any food that has been exposed to heat, smoke, or soot.
- Keep pets under your direct control and watch them closely.

## 2

### DURING

- If your clothes catch on fire, **STOP** what you are doing, **DROP** to the ground, cover your face if possible, and **ROLL** over and over until the flames are out.
- Remember to **GET OUT, STAY OUT** and **CALL 9-1-1** or your local emergency phone number.
- Yell "Fire!"** several times and go outside immediately. If you live in a building with elevators, use the stairs. Leave all your things behind and save yourself.
- If you must escape through smoke, **get low** and go under the smoke to your exit. Close doors behind you.
- If closed doors or handles are warm or smoke blocks your primary escape route, use your second way out. **Never open** doors that are warm to the touch.
- If smoke, heat, or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door, open a window, and wave a brightly colored cloth or flashlight to **signal for help**.

### IMPORTANT FACTS

- The best time to prepare for any disaster is before it happens.
- Running will only make fire flames grow faster - Stop, Drop & Roll.
- If flames touch your skin, cool the burn for 3-5 minutes and seek medical attention.
- Pay attention to how you and loved ones are handling stress after a fire.

