

STEP 1 - PREPARE

- Make a <u>Fire Escape Plan</u> with your family and practice it twice a year.
- Make an <u>Emergency Supply Kit</u>. Having enough food, water and other supplies is important to have ready in case of an emergency. 72HRS has various
 <u>Emergency Kits!</u> Choose one that best suites your needs.
- your home, inside bedrooms and outside sleeping areas.
- communications plan and ensure that 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.

STEP 2 - DURING

- If your clothes catch on fire, **STOP** what you are doing, **DROP** to the ground and cover your face if possible, and **ROLL** over and over until 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 right away. If you live in a building with elevators, use the stairs. Leave all your things where they are 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 and open a window and wave a brightly colored cloth or flashlight to signal for help.

STEP 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.
- Stay out of fire-damaged homes until local fire authorities say it is safe to reenter.
- Discard any food that has been exposed to heat, smoke or soot.
 - Watch pets closely and keep them under your direct control.



IMPORTANT FACTS









RECOMMENDED KITS





The 72HRS Essentials Kit
Available for 1-4 people

The 72HRS Deluxe Kit

Available for 1-4 people