

Home Fire ESCAPE PLANS

Make one for your family and PRACTICE IT!!! (during the day, at night, and often)

1. Agree on a safe meeting place outside your home.
2. Look for 2 ways out of every room.
3. Teach your children what to do if they hear the smoke alarm when they are in bed. Press the smoke alarm test button to practice your escape plan.



In a REAL FIRE: Do what you practiced!

- Get out fast if you can!! Then call 9-1-1 for help.
- Crawl low under smoke.
- Go outside to the family meeting place.



If you are in bed when the smoke alarm goes off:

- Do not sit up. Roll out of bed onto the floor.
- Crawl to the door and touch it.
(Bedroom doors should be kept closed when people are sleeping.)
- **If the door is HOT**, do not open it.
 - Turn on the bedroom light.
 - Crawl to the window and open the window.
 - Call 9-1-1 if there is a phone in the room.
 - Stay by the window until help comes.
- **If the door is COOL**, open the door. Stay low. Look out.
 - If there is no smoke, go out the nearest exit.
 - Go outside to the family meeting place.
- **If there is smoke**, close the door.
 - Turn on the bedroom light.
 - Crawl to the window and open the window.
 - Call 9-1-1 if there is a phone in the room.
 - Stay by the window until help comes.

If your children are too young to get out by themselves, teach them to call out to you when they hear the smoke alarm so you will know where they are.

NEVER go back in the house until the fire department says it is OK.

For more information on safety, please call (617) 624-5070 (assistance available in other languages)
TTY (617) 624-5992 or visit our website at: <http://www.state.ma.us/dph/fch/injury/index.htm>.
Massachusetts Department of Public Health, Injury Prevention and Control Program.