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Fire Safe Seniors

# Keeping Safe in Case of Fire

*Many older adults get hurt or die from house fires each year.  
Smoke alarms and escape planning can help keep you safe.*

## SMOKE ALARMS

Smoke alarms make a loud noise if they sense smoke or fire.

- **Have smoke alarms in all of these places:**
  - On every level of your home, including the basement
  - Directly outside of each sleeping area
- **Test smoke alarms every month.** You can ask a family member, home care assistant, or case worker to test the alarms for you. Push the test button on the alarm; if it does not make a loud noise, the alarm needs new batteries or needs to be replaced.
- **Never disable your smoke alarm by unhooking it or removing the battery.** If your smoke alarm starts “chirping,” the battery is running low and should be replaced.



## ESCAPE PLANNING

Think about how to get out of your home in case of fire.

- **Plan your escape around your abilities.**
  - If possible, identify two ways out of every room.
  - Keep a phone and emergency numbers to call for help near your bed or sleeping area.
  - If a fire starts, get out and stay out.
  - If you cannot get out, get as low to the ground as you can so that you don't breathe in smoke. Smoke can be deadly.
- **If you live with others, plan a safe place to meet outside after escaping.**



FEMA

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