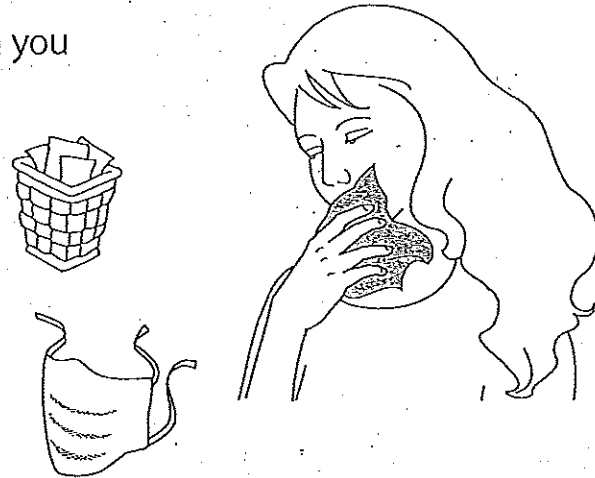


# ***Cover Your Cough***

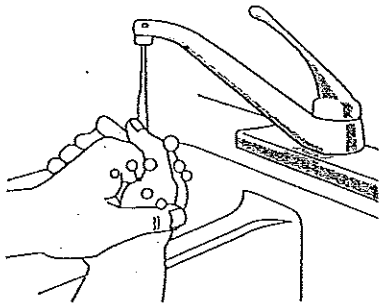
Cover your mouth and nose when you cough or sneeze.

Put your used tissue in a waste basket.

You may be asked to put on a mask to protect others.



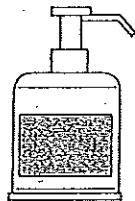
# ***Clean Your Hands*** *after coughing or sneezing*



Wash your hands with soap and warm water for 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

**OR**

Clean your hands with an alcohol-based hand sanitizer.



## SAFETY GUIDELINES

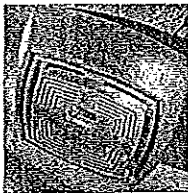
# Surviving a Fire in Your Home

Take the time now to prepare — it can save lives!

### An Ounce of Prevention...

#### Smoke Alarms

- Install a smoke alarm outside of each sleeping area and on each additional level of your home.
- Install smoke alarms **INSIDE** sleeping areas if people sleep with their doors closed.
- Test smoke alarms once a month by pressing test buttons.
- If an alarm fails the test or starts making beeping noises, replace batteries immediately.
- Replace **ALL** smoke alarm batteries at least once a year.



#### Fire Extinguishers

- Consider purchasing one or more fire extinguishers to keep in your home.
- Read the instructions to understand how your fire extinguisher works, and make sure all family members understand how to use it.
- Read the instructions to find out how to check if your extinguisher is in working order, and how frequently it needs to be checked.

#### Escape Ladders

- Consider installing escape ladders for upstairs rooms.
- Learn how to use your escape ladder.
- Store ladders close to windows.

#### Flashlights

- Keep flashlights throughout your house and make sure everyone knows where they are located.
- Check batteries regularly.

### Planning Can Prevent Panic

#### Escape Routes

- Figure out at least two ways for escaping for every room in your home.
- Everyone living in your home should be familiar with these escape routes.

#### Practice

- At least twice a year, practice using your escape plans.

- Practice crawling because you may need to escape by crawling under smoke, where the freshest air will be.

#### Meeting Place

- Decide on a location where everyone will meet outside your home after escaping from a fire.
- A meeting place is important so that you can quickly see if everyone has escaped.

### If a Fire Occurs...

#### Making Your Escape

- If there is smoke or fire in one escape route, use another route.
- If there is no way to avoid smoke, remember to stay low and crawl under the smoke, where the freshest air will be.
- If you want to escape by opening a closed door, **FIRST** check to see if the door feels warm before opening it. If it is warm, do **NOT** open the door. Instead, use another route.



#### Blocked Escape Routes

If all of your escape routes are blocked by smoke, heat or flames:

- Stay in the room and keep any doors closed.
- Keep out smoke by piling rugs, blankets or pillows along the bottom of any doors.
- If there is a phone in the room, call 911 and tell them where you are.
- Signal out a window for help using a brightly-colored cloth, sheet, towel, or flashlight.
- Stay as close to the floor as possible, near a window or door.

#### After Escaping

- Go to a neighbor's house and call 911 as soon as possible.
- **NEVER** go back inside a burning house. Once you're outside, stay outside!
- When firefighters arrive, tell them if you think anyone is still inside.