

Healthy and Safe Homes: Fire Safety

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March 2020



Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ! The leading cause of fires in the kitchen is unattended cooking.
- ! Most cooking fires in the home involve the kitchen stove.



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The leading information and knowledge resource
on fire, electrical and related hazards

Fire Safety Checklist for Caregivers of Older Adults

Older adults are more likely to die in home fires because they may move slower or have trouble hearing the smoke alarm. Make sure the people you know are prepared and safe.

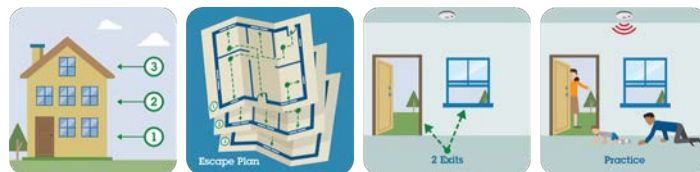
 Put a check in front of each statement that is true for your home.

Smoke Alarms



- ☐ Smoke alarms are on every level of the home.
- ☐ Smoke alarms are inside and outside sleeping areas.
- ☐ Smoke alarms are tested each month.
- ☐ Smoke alarm batteries are changed as needed.
- ☐ Smoke alarms are less than 10 years old.
- ☐ People can hear smoke alarms from any room. If not, consider one with a different sound or one that comes with a bed shaker or strobe light.

Escape Plan



- ☐ There is a fire escape plan that shows two ways out of every room.
- ☐ Exits are always clear and not blocked with furniture or other items.
- ☐ Everyone knows where the safe meeting place is outside the home.
- ☐ The escape plan works for everyone, including people who use a wheelchair, a hearing aid, or glasses.
- ☐ There is a phone near the bed to call a local emergency number in case of a fire.

Carbon Monoxide Alarms

- ☐ Carbon monoxide alarms are located on each level of the home.
- ☐ Carbon monoxide alarms are less than 7 years old.

Learn more about fire prevention: www.usfa.fema.gov and www.nfpa.org.



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FIRE
PREVENTION
WEEK™

Lista para la prevención de incendios **dirigida a los cuidadores de adultos mayores**

Los adultos mayores tienen más probabilidades de morir en incendios en el hogar, ya que sus movimientos son más lentos o tienen problemas escuchando los detectores de humo. Asegúrese de que las personas que usted conoce estén preparadas y seguras.

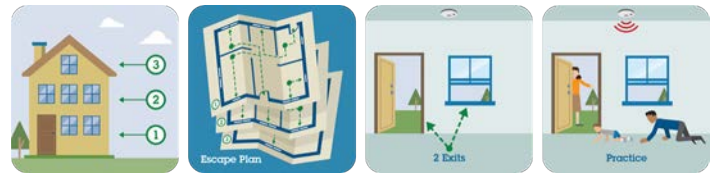
X Marque con una cruz si las siguientes afirmaciones se cumplen en su hogar.

Detectores de humo



- ☐ Hay detectores de humo en cada nivel de su hogar.
- ☐ Hay detectores de humo dentro y fuera de los dormitorios.
- ☐ Los detectores de humo son comprobados todos los meses.
- ☐ Las baterías de los detectores de humo tienen suficiente carga.
- ☐ Los detectores de humo tienen menos de 10 años de antigüedad.
- ☐ Los detectores de humo se pueden escuchar desde cada habitación. Si no, considere uno con un sonido diferente o uno que viene con un agitador de cama o luz estroboscópica.

Plan de escape



- ☐ Tiene un plan de escape para caso de incendio que muestra dos salidas desde cada habitación.
- ☐ Las salidas no están bloqueadas por muebles u otros elementos.
- ☐ Todos conocen el lugar seguro para reunirse fuera de la casa.
- ☐ El plan de escape funciona para todos, incluso las personas en sillones de rueda, con auxiliares auditivos o espejuelos.
- ☐ Existe un teléfono cerca de la cama para llamar al número local de emergencia en caso de incendio.

Detectores de monóxido de carbono

- ☐ Los detectores de monóxido de carbono se encuentran localizados en cada nivel de su hogar.
- ☐ Los detectores de monóxido de carbono tienen menos de 7 años de antigüedad.

Aprenda más sobre la prevención de incendios en: **www.usfa.fema.gov** y **www.nfpa.org**.

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.

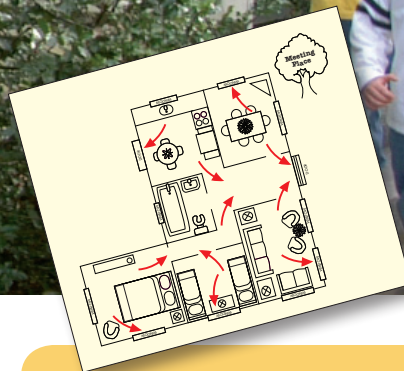


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Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



SAFETY TIPS

- » **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » **PRACTICE** your home fire drill at night and during the day with everyone in your home, twice a year.
- » **PRACTICE** using different ways out.
- » **TEACH** children how to escape on their own in case you can't help them.
- » **CLOSE** doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- » If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- » **CALL** the fire department from outside your home.

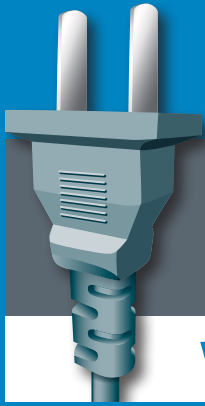
FACTS

- ! A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

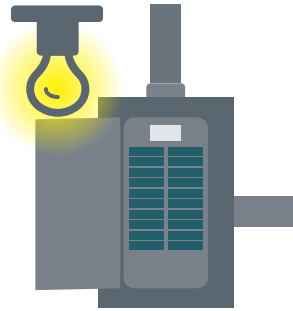


Be fire smart

with electricity in your home.

45, 

There are approximately **45,000** home electrical fires each year.



Half of all home electrical fires involve lighting equipment or home electrical wiring.

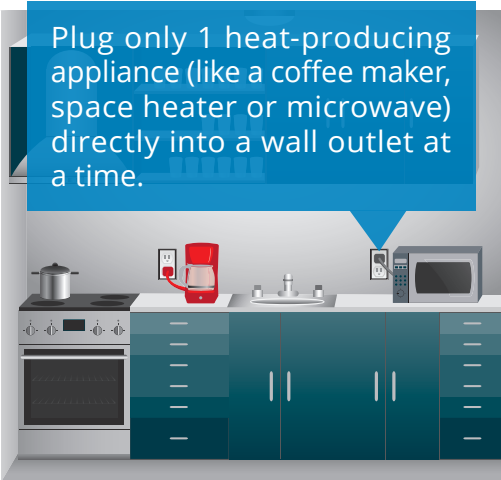


Home electrical fire deaths peak between **midnight and 8 a.m.**

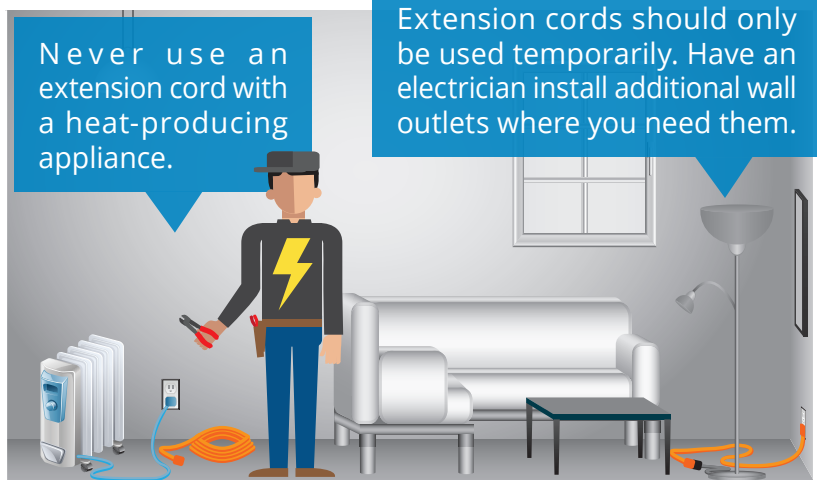


Peak months for electrical fire deaths are **November through March.**

Plug only 1 heat-producing appliance (like a coffee maker, space heater or microwave) directly into a wall outlet at a time.



Never use an extension cord with a heat-producing appliance.



Extension cords should only be used temporarily. Have an electrician install additional wall outlets where you need them.



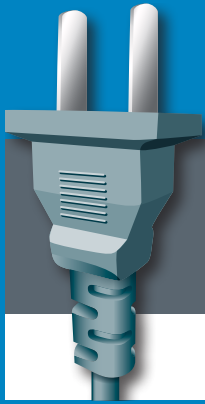
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For more information about electrical fire safety, visit www.usfa.fema.gov and www.nfpa.org/public-education.

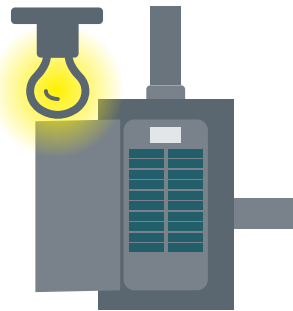


Sea inteligente

con la electricidad en su casa.

45, 

Cada año hay aproximadamente **45,000** incendios eléctricos en el hogar.



La mitad de los incendios eléctricos en el hogar son producidos por equipos de iluminación o cableado eléctrico en el hogar.



La mayoría de las muertes por incendios eléctricos en el hogar se producen entre la **medianoche y las 8 a.m.**

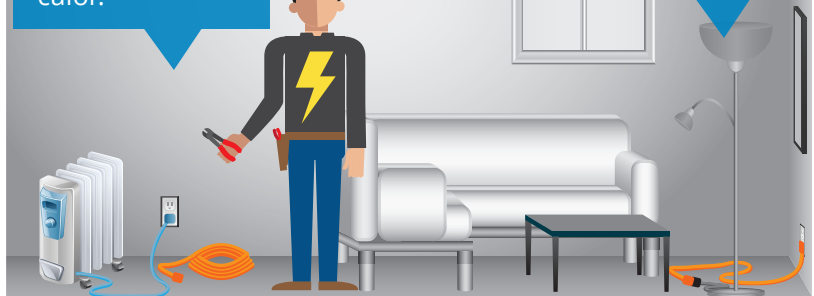


Los meses pico en que se producen las muertes por incendios eléctricos son de **noviembre a marzo.**

Solo conecte 1 electrodoméstico que genere calor (como una cafetera, calentador ambiental o microondas) directamente a un tomacorriente de pared a la vez.



Nunca utilice un cable de extensión con un electrodoméstico que produzca calor.



Los cables de extensión solo deben utilizarse de manera temporal. Haga que un electricista instale tomacorrientes de pared adicionales donde los necesite.



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Para obtener más información acerca de la seguridad contra incendios eléctricos, visite www.usfa.fema.gov y www.nfpa.org/public-education.

Make It At Home!

Cooking a healthy meal at home can seem like a hardy task, especially when we feel like we have less and less time. However, healthy meals don't have to be as difficult and time consuming as we may think! According to Harvard Medical School people who cook at home have a healthier diet, consume less calories, and are less likely to develop obesity or type 2 Diabetes. For more information and recipes related to home cooking and health, visit Harvard Medical School's blog at <https://www.health.harvard.edu/blog/home-cooking-good-for-your-health-2018081514449>. Here are some "food hacks" to provide you with a balanced meal with minimal labor time:

Take it Slow.

Preparing meals in a slow cooker can be cheap, easy, and lasts a few days! Just find a recipe you like, put it all in the crock pot, and when you get home it will be ready. This is also a good way to save money because you can stretch more expensive foods into a larger amount; like when comparing a serving of steak versus a whole pot of beef stew - it's roughly the same amount of meat!

Recycle.

Making another meal out of leftovers is an easy way to stretch the food you bought and the effort you put in! Some foods even seem to become more flavorful after a day, like soups and marinated foods. An example of an easy way to use leftovers is chicken salad from baked chicken leftovers, see recipe below.

Prepare.

Meal preparation on days when you have a little bit of spare time is so helpful on the days you are busy and ensures you still get a good meal everyday. Meal planning can include cooking all the food you need for the week that day and portioning it out. Or, simply planning out what to buy in the grocery store, what you will make, and when you will make it. Pick a day that you have off and you are less busy, and decide what you will want to make that week. It can be fun to engage the whole family and make healthy choices!



Healthy Grilled Chicken Salad

By Dawn Jackson Blatner, RDN, CSSD

Ingredients:

- 1 Cup Chicken Meat, Diced
- 1/4 Cup Diced Celery
- 2 TBSP Chopped Green Onion
- 1 TSP Light Mayonnaise
- 1 TSP Dijon Mustard
- 1/2 Lemon, Juiced
- Black Pepper to Taste



<https://www.eatright.org/food/planning-and-prep/recipes/healthy-grilled-chicken-salad-recipe>

Mix Together and Enjoy!

Nutrition Information:

Serving Size: 1/2 Cup, serves 2

Calories 150, Fat 5g, Saturated Fat 1g, Cholesterol 60mg, Sodium 170mg, Carbohydrate 3g, Fiber 0g, Sugars 1g, Protein 22g