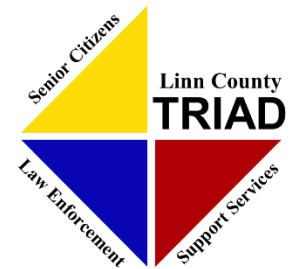


# Fire Prevention

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- **Smoke Outside**
  - If you smoke, go outside.
  - Have deep sturdy ashtrays and always wet butts before throwing them out.
  - Never smoke in bed or if oxygen is used in the home.
- **Leave Space for Space Heaters**
  - Always leave 3 feet of space between the heater and anything that can burn.
  - Shut off & unplug the heater when it is not in use.
- **Kitchen Safety**
  - If you are cooking or frying food on the stovetop, always keep an eye on it.
  - If a fire occurs, slide a lid on the pan and turn off the burner.
  - Be sure to use oven mitts to handle hot pan, and don't wear loose clothing.
  - Never cook when tired or drowsy.
- **Stop, Drop & Roll**
  - If your clothes catch on fire, cover your face with your hands and **stop, drop & roll**.
  - Use cool water for 3-5 minutes to cool the burn.
  - Seek medical help right away.
- **Use Smoke Alarms**
  - Have smoke alarm on every level of the home and every bedroom
  - Replace batteries regularly and test the alarms monthly.
  - Get out & stay out if you hear alarm.
- **Escape Route**
  - Plan two ways out of every room in your house.
  - Make sure doors & windows have easy access for you to get out.
  - At night, keep items you need nearby such as medications, glasses, wheelchair, canes or walkers.
- **Emergency numbers**
  - Have local emergency numbers posted in all rooms.
  - Once you have escaped a fire, call the fire department from a cell phone or neighbor's phone.

Sources:

[1] Cedar Rapids Fire Department

[2] National Fire Protection Association

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# Additional Resources

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## **Cedar Rapids Police Department**

505 1<sup>st</sup> St SW  
Cedar Rapids, IA 52404  
(319) 286-5375 ext. 5485  
[www.cedar-rapids.org/police](http://www.cedar-rapids.org/police)

## **Crime Stoppers**

1-(800) -272-7463

## **Cedar Rapids Fire Department**

713 1<sup>st</sup> Avenue SE  
Cedar Rapids, IA 52401  
(319) 286-5200 – Main Number  
(319) 286-5277 – Public Educator  
[www.cedar-rapids.org/government/departments/fire](http://www.cedar-rapids.org/government/departments/fire)

## **Marion Police Department**

6315 US-151  
Marion, IA 52302  
(319) 377-1511  
[www.cityofmarion.org/departments/police-department](http://www.cityofmarion.org/departments/police-department)

## **Marion Fire Department**

3933 Katz Drive  
Marion, IA 52302  
(319) 377-8237  
[www.cityofmarion.org/departments/fire-department](http://www.cityofmarion.org/departments/fire-department)

## **Hiawatha Police Department**

101 Emmons St.  
Hiawatha, IA 52233  
(319) 393-1212

## **Linn County Sherriff's Office**

P.O. Box 669, 310 2<sup>nd</sup> Avenue SW  
Cedar Rapids, IA 52406  
(319) 892-6100  
[www.linncounty.org](http://www.linncounty.org)

## **Mount Vernon Police Department**

213 1<sup>st</sup> St NW  
Mount Vernon, IA 52314  
(319) 895-6141  
[www.cityofmtvernon.com](http://www.cityofmtvernon.com)

## **Linn County Emergency Management**

6301 Kirkwood Blvd SW  
Cedar Rapids, IA 52404  
(319) 892-6500  
<http://www.linncounty-ema.org>

## **Aging Services**

317 7<sup>th</sup> Ave SE Suite 302B  
Cedar Rapids, IA 52401  
(319) 398-3644  
[www.agingservicesia.org](http://www.agingservicesia.org)

## **Heritage Area Agency on Aging**

6301 Kirkwood Blvd SW  
Cedar Rapids, IA 52404  
(319) 398-5559  
[www.HeritageAAA.org](http://www.HeritageAAA.org)

## **Horizons: A Family Service Alliance**

819 5<sup>th</sup> Street SE  
Cedar Rapids, IA 52403  
(319) 398-3943  
[www.horizonsfamily.org](http://www.horizonsfamily.org)

## **LifeLong Links**

*(Families & Caregivers can get info on services for older adults & persons with disabilities age 18+)*  
(866) 468-7887  
[www.lifelonglinks.org](http://www.lifelonglinks.org)

## **AARP**

(866) 554-5378  
[www.aarp.org/ia](http://www.aarp.org/ia)

## **United Way of East Central Iowa**

317 7<sup>th</sup> Avenue SE Suite 401  
Cedar Rapids, IA 52401  
(319) 398-5372  
<http://www.uweci.org/>

