# Fire Safety Tips for People Using Paraffin-Based Emollient Creams

* Don't smoke or be around people who are smoking or using open flames.
* Avoid anything that could start a fire when you have the cream on your skin or clothes. For example, don't lean over a lit stove or candles, and keep lit cigarettes away from your clothes.
* Change your clothes and bedsheets daily to get rid of any cream that's soaked in.
* Wash your clothes in hot water, ideally between 60-90 degrees Celsius, to remove the cream. If your clothes can't handle that heat, don't wear them while using the cream.

Need more help? Call 0800 177 7069 or visit www.esfrs.org.

## Bedtime Safety Checklist

* Close all inside doors before you go to bed to stop a fire from spreading.
* Turn off and unplug electronics, except for appliances that are meant to stay on, like your freezer.
* Double-check that your stove is off.
* Don't leave your washing machine or dryer running.
* Turn off heaters and set up fireguards.
* Make sure candles and cigarettes are completely out.
* Keep your exit paths clear.
* Know where your door and window keys are and make sure everyone else does too.