

Smoking related fires are the biggest killers in accidental home fires



If you aren't ready to give up, take precautions to prevent a fire.



Put it out. Right out!
Use a proper ashtray.
Don't leave lit cigarettes.



Take extra care when tired, taking prescription drugs or drinking.



Never smoke in bed.
Make sure you have a working smoke alarm.

BE PROUD TO BE A QUITTER

NO SMOKING DAY 9 March 2016

Looking for help and support to quit? Join our online programme at [smokefreeme.co.uk](https://www.smokefreeme.co.uk)



For more advice <https://www.brighton-hove.gov.uk/content/health/stop-smoking>

Alternatively speak to your GP or Pharmacy.

For free advice on home safety contact 0800 177 7069. Members of the community may even qualify for free smoke alarms, which are supplied and fitted by the Fire & Rescue Service.

Email: homefire.safetyvisits@esfrs.org

Minicom: 01323 462002 Fax: 01323 462044

Website: www.esfrs.org



East Sussex
Fire & Rescue Service