What you and your family should know:

Using home oxygen increases the risk of fires and burns.

When oxygen is used in the home, the amount of oxygen in the air, furniture, clothing and hair goes up, making it easier for a fire to start and spread.

When more oxygen is in the air, fires will burn hotter and faster.

When using home oxygen, learn how to handle it safely– especially if you smoke.

It is important to keep home oxygen and tubing 10 feet away from heat sources.

Common heat sources are:

- » **Matches**
- » **Lighters**
- » **Cigarettes**
- » **Candles**
- » **Gas stoves**
- » **Appliances**
- » **Electric razors**
- » **Hair dryers**
- » **Heaters**

Don't use flammable products such as:

- » **Oils**
- » **Grease**
- » **Petroleum products**
- » **Oil based lip balms or lotions**

For doctors, nurses and therapists:

Smoking while using home oxygen is not just a personal health hazard but a public safety danger. It puts everyone in the building at risk.

Encourage and help patients to quit smoking.

Help patients to understand the fire dangers of home oxygen use.

More information for health care providers on smoking cessation is available at www.trytostop.org.

Smoking Issues

No one should smoke in your home. The fire danger is too great.

You should not smoke.

Your family and friends should not smoke around you.

Quitting is the best thing you can do for your health and safety.

If you must smoke:

- Disconnect the oxygen.
- Wait 10 minutes.
- Go outside to smoke.

This gives the oxygen time to come off your hair and clothes into the open air.

This is not a safe way to smoke but is less risky than smoking indoors.

Home Fire Safety

Your family should help make sure your home has working smoke alarms.

You and your family should make and practice a home escape plan.

Printing courtesy of the Mass. Property Insurance Underwriting Association.

Need help to quit smoking?

There's FREE help for you!

The Massachusetts Smokers' Helpline at 1-800-Try-To-Stop (1-800-8-Déjalo) can help you quit. The helpline offers free telephone counseling, information and referral services for Massachusetts residents who want to stop smoking. It is open:

Mon.-Thurs. 9:00 AM - 7:00 PM
Fri. 9:00 AM - 5:00 PM

Call **1-800-879-8678 (English),**
1-800-833-5256 (Español),
1-800-833-1477 (TDD)
or online at **www.trytostop.org**

American Cancer Society
1-800-227-2345
www.cancer.org
American Lung Association
www.lungusa.org

Resources for Massachusetts elders:
1-800-AGE-INFO
(1-800-243-4636)
Executive Office of Elder Affairs

REMEMBER

Oxygen + Smoking
is Dangerous

Oxygen + Fire
is Deadly!

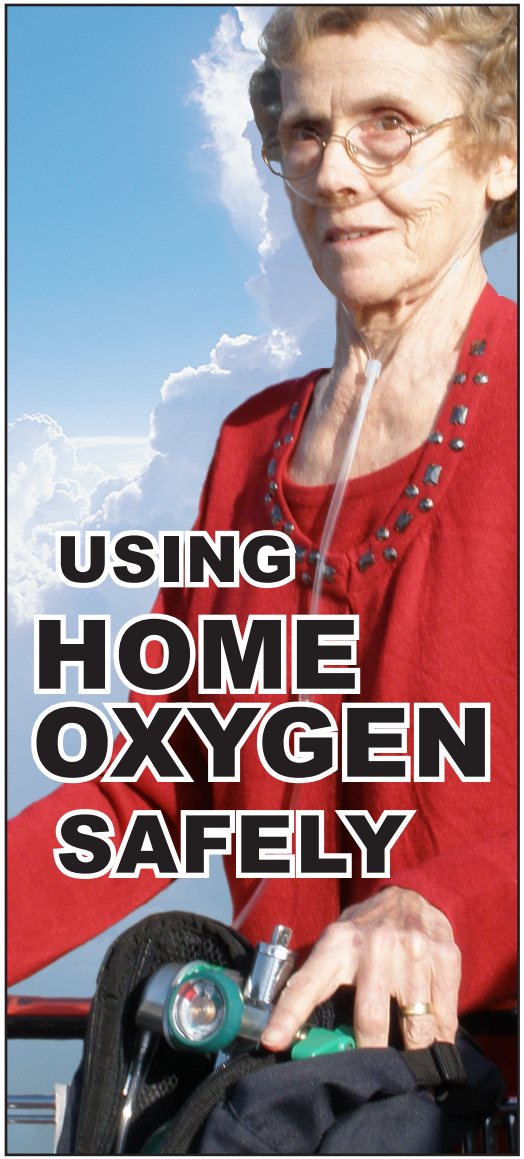
"Smoking in homes where people use oxygen starts many fires each year that cause deaths and injuries to patients, family members, neighbors and pets.

These fires force whole families and other building tenants out of their homes, destroy a lifetime's possessions and cause hundreds of thousands of dollars in property damage."

Stephen D. Coan
STATE FIRE MARSHAL

Commonwealth of Massachusetts
Department of Fire Services
P.O. Box 1025
Stow, Massachusetts 01775-1025
978-567-3380
www.mass.gov/dfs

DFS, May '09



USING HOME OXYGEN SAFELY

A RESOURCE GUIDE FOR

PATIENTS | FAMILIES
DOCTORS | NURSES
THERAPISTS
FIRST RESPONDERS

DEPARTMENT OF FIRE SERVICES
COMMONWEALTH OF MASSACHUSETTS