



You Can Save a Life!

USE HOME OXYGEN SAFELY!



Do you use home oxygen or know someone who does?

Do you know that using home oxygen increases the risk of fire and burns?

Stephen D. Coan, Massachusetts State Fire Marshall, reports “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”

What are the fire risks? The main danger is smoking. You should not smoke, and no one should smoke around you if you are using oxygen: **The fire danger is too great.**

When oxygen is used in the home, the amount of oxygen in the air, furniture, clothing and hair increases, making it easier for a fire to start and spread, and fires will burn hotter and faster.

If you must smoke:

1. Disconnect the oxygen.
2. Wait 10 minutes
3. Go outside to smoke.

This is not a safe way to smoke but is less risky than smoking indoors. Make sure you keep 10 feet away from any flame or heat source such as electric razors, gas stoves, heaters, hair dryers, and candles. Do not use flammable products such as petroleum based lip balms or lotions.

Your family should help make sure your home has working smoke alarms. You and your family should make and practice a home escape plan.

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

To get help: Ask your doctor and/or call the Massachusetts Smoker’s Helpline at 1-800-Try-To-Stop for free telephone counseling, information and referral services for Massachusetts residents who want to stop smoking.

For more information please contact:

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