If you’re ever in a house that is on fire, many of the rooms will be filled with smoke—even if the fire isn’t very big yet. Try to stay calm, and don’t panic. All the smoke, fumes, and hot air will rise towards the top, so stay low. Crawl on your hands and knees, putting your face near the floor like a dog sniffing at something. This is called the fire crawl, and you should use it to get out of the house as fast as you can. Don’t stop to get dressed. Don’t stop for toys. Just get out right as you are, as fast as you can.

If the heat gets to be too much, you can drop your bottom to the floor and wiggle like a snake. Practice these crawls with your family...it makes a fun game!