



**American
Red Cross**



Eastern Massachusetts Region

Cape Cod and Islands Chapter

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News Release
NEWS RELEASE

Red Cross Helps Families Keep the Lid on Cooking Fires

HYANNIS, MA, October 12, 2010 — Cooking is the leading cause of home fires and fire injuries in the United States, and the American Red Cross wants to remind families on Cape Cod and the Islands to be careful in the kitchen and to keep the lid on cooking fires.

“Home fires are more likely to start in the kitchen than any other room in your home, and it’s easy to understand why,” said John Levin, Spokesperson for the American Red Cross. *“We’re all so busy these days that in the race to put a home cooked meal on the table, we sometimes let safety take a back seat. But the consequences can be devastating, especially when there are some simple steps you can take to minimize the risk of your family’s next meal from going up in flames.”*

The Red Cross recommends the following tips to help you reduce the risk of cooking fires:

- Keep anything that can catch fire -- potholders, food packaging, wooden utensils, towels and curtains -- away from your stovetop.
- Do not leave the kitchen while you’re frying, grilling, or broiling food.
- If you’re simmering, baking, boiling or roasting food, check in regularly and remain at home while food is cooking.
- Use a timer to remind you that you are cooking.

Smoke alarms should be installed away from the kitchen to prevent false alarms. Generally, they should not be closer than 10 feet to a cooking appliance. Test smoke alarms once a month, and replace batteries at least once a year.

Nationally, the American Red Cross responds to a fire approximately every nine minutes. Last year the Cape and Islands Chapter responded to more than 49 home fires on the Cape. The Red Cross depends on the generous support of our residents to respond to our neighbors who are affected by home fires. You can help by making a financial donation to the Cape Cod and Islands Red Cross today at www.cciredcross.org, or by calling (508) 775-1540 ext. 21, or by mailing a check to the American Red Cross, Cape Cod and Islands Chapter , 286 South Street , Hyannis, MA 02610

For more Red Cross fire safety and preparedness information visit www.redcross.org/homefires or contact the Cape Cod and Islands Chapter at the address above. You can also download a special Fire Safety check list at www.cciredcross.org

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit www.redcross.org or join our blog at <http://blog.redcross.org>.

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