Here are some basic things you can do to help keep your home safe.

**Kitchen**
- Use appliance thermometers to make sure your fridge stays at or below 40 degrees and the freezer is at 0 degrees
- Check food “use by” dates, watch for signs of spoilage, and toss anything you aren’t sure about

**Bedroom**
- Position your bed near a light switch
- Put your eyeglasses, phone, and a flashlight next to your bed

**Bathroom**
- Before going to bed, remember to turn on (or plug-in) night lights
- Use nonskid strips, mats, or carpets

**Walkways**
- Position all furniture so there’s clear space to walk
- Remove clutter from stairs and floors, and adhere no-slip strips to wooden and tile floors

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**Smoke and Carbon Monoxide (CO) Alarms Belong on Every Level of Your Home**
Along with a smoke alarm in each bedroom, hang a smoke and CO alarm outside each sleeping area. Replace alarm batteries when you change your clock for daylight saving time.

**Make a Fire Escape Plan**
Determine two ways to get out of each room and an outside meeting place. Practice at least twice a year.

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*Sources: The National Institute on Aging, the U.S. Consumer Product Safety Commission and the U.S. Food and Drug Administration*