

Learn Not To Burn® Activity Page

"Stop, Drop, Roll and Cool"

The Stop, Drop, Roll and Cool procedure should be used to extinguish flames and lessen burn injuries if your clothing catches fire. If your clothes catch fire:

STOP immediately where you are.

DROP to the ground.

ROLL over and over and over, covering your face and mouth with your hands (this will prevent flames from burning your face and smoke from entering your lungs). Roll over and over until the flames are extinguished.

COOL the burn with cool water for 10-15 minutes. Get help from a grown-up, and if needed, see a doctor.



You should know at least two ways out of every room in case there's a fire. Ask a grown-up to show you how to open the doors and windows in your room so

you can practice your home fire escape plan. Pick a special outside meeting place in front of your home where you will meet your family.