PUMPKIN SPICE IS IN THE AIR Melissa Jeremiah, RN, CHCE Director of Operations Hoosier Uplands Home Health and Hospice

Mention fall and most people immediately think of scents such as pumpkin spice, and burning their candles at night. However, we also need to think of safety; when burning candles in the home. I was cooking supper the other night and accidently turned on the wrong burner on my stove. Before I knew it a candle had exploded on my stove and molten wax was all over my kitchen. I was lucky; there was no fire and I was left with just a mess to clean up. Others are not so lucky. According to the National Fire Protection Association, from 2012 – 2016, approximately 8,200 house fires were started by a candle per year. Annually, these fires resulted in 80 deaths, 770 injuries and \$264 million in damages. On average 23 home candle fires are reported each day. The top 3 days for candle fires are New Year's Day, Christmas and New Year's Eve.

- 1. Consider using flameless candles in the home. They look and smell like real candles.
- 2. Keep candles at least 1 foot from anything that can burn. Do not place candles near curtains, or other fabrics, including furniture.
- 3. Make sure a candles are at least 3 feet away from any surface above it.
- 4. Blow out candles before you leave a room or go to bed. A candle should never be burned in a bedroom or bathroom.
- 5. Place candles on heat resistant surfaces.
- 6. Use candle holders that are sturdy and will not fall over.
- 7. Keep candles out of reach of children and pets.
- 8. Do not move a candle when it is burning; or burn it in a drafty area.
- 9. Have flashlights ready to use for power outages; do not use candles.
- 10. Never use a candle if oxygen is used in the home.

Let's keep the preceding tips in mind to ensure the smell of pumpkin spice can safely waft through your home.