**Suggested social media posts**

Fire services can include their own links to correct advice on website and referral routes into service for a home safety check.

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|  | **Do you or a loved one use emollients?**  You may not realise that emollients make fabrics more flammable. If you smoke or use an open flame, the risk of fire is higher.  It’s important to continue using these products to treat skin conditions but take action to reduce the fire risk.  To reduce the risk:  Avoid smoking or open flames when wearing fabric with emollients dried on them.  Never smoke in bed.  Wash clothing and bedding frequently.  Find out more [Know the Fire Risk - NFCC](https://nfcc.org.uk/our-services/campaigns/know-the-fire-risk/)  **#KnowTheFireRisk** |
|  | Did you know that creams applied for skin conditions like eczema can make clothing and bedding highly flammable?  While emollients themselves are not directly flammable, they can significantly increase the flammability of fabrics such as clothing, bedding, or bandages.  Anyone regularly using emollients should keep away from naked flames and other potential ignition sources, including smoking.  When cooking using gas or electric hobs, make sure you don’t wear clothes contaminated with emollients.  Find out more about safely using emollients [Know the Fire Risk - NFCC](https://nfcc.org.uk/our-services/campaigns/know-the-fire-risk/)  **#KnowTheFireRisk** |
|  | Emollients are important for treating dry skin conditions, but they can dry onto your clothes, bedding, and furniture, making them catch fire more easily.  Wash fabrics regularly to reduce the risk. Washing will not completely remove the risk. Complete an Online Home Fire Safety Check www.OHFSC.co.uk  Help spread the word and protect those at risk.  **#KnowTheFireRisk** |
|  | Emollients can increase the flammability of fabrics.  If your clothes catch fire, you should:  Stop – stand still so you don’t fan the flames  Drop – to the floor covering your face  Roll- to put the flames out  Complete an Online Home Fire Safety Check for yourself or a loved one. [www.OHFSC.org.uk](https://www.OHFSC.org.uk)  **#KnowTheFireRisk** |
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