Cooking is the leading cause of fires, fire injuries, and fire deaths in Orange County.

Follow these simple tips to help prevent cooking fires in your home:

- Stay in the kitchen when frying, grilling, or broiling food. If you have to leave the kitchen, even for a second, turn off the stove.
- Check food often while cooking. Use a timer to remind you that the stove or oven is on.
- Keep anything that can catch fire (pot holders, oven mitts, paper towels, paper or plastic bags, curtains, loose clothing) away from the stove, oven, or other kitchen appliances that heat up when used.
- Keep the stovetop, burners, and oven clean.
- Turn pot or pan handles toward the back of the stove.
- Have a “kid-free zone” of at least three feet around the stove.
- Always check the oven to make sure it’s empty before turning it on.
- Use the oven for cooking only, not for storage.
- Keep the lid or a fire extinguisher nearby when cooking.
- Avoid cooking while tired/sleepy or under the influence of alcohol, drugs, or medication.

In Case of Fire:

- Never pour water on a grease fire! Cover the pan with the lid and turn off the stove.
- Leave the pan covered until it’s completely cooled.
- If there’s a fire in the oven, turn it off and keep the door closed.
- Leave your home immediately if a cooking fire is large or spreading quickly.
- Close the door behind you to slow the spread of fire and call 911 from outside the home.