You can use these talking points in preparation for a media interview. More media interview tips are available in our [Pocket Media Guide](#).

- Cooking is the leading cause of fires in Minnesota.
- Stay in the kitchen while you’re cooking. If you need to leave the room, turn off the stove. Take a timer with you if you have something in the oven.
- Keep anything that can catch fire at least three feet away from appliances that get hot. Double check to be sure the stovetop is off.
- If a fire starts on the stove, smother the fire with a pot lid or put it out with an extinguisher. Never throw water on a grease fire.
- Call 911 if a fire starts, even if you think you can smother the fire with the pot lid or use a fire extinguisher.
- Always have a plan to get out if you are using a fire extinguisher or trying to smother a fire. Make sure the fire is never between you and an exit.
- You’ve heard of distracted driving, but you can also be distracted while you cook. Pay attention when you’re in the kitchen.
- Cooking fires cause millions of dollars in damage in Minnesota each year.
- A majority of residential fires start in the kitchen.
- Most kitchen fires are caused by unattended equipment.