CDC and the U.S. Fire Administration offered a few tips for fire escape plans:

- Plan for two ways to escape from each room.
- Plan for everyone in your home, including babies, the elderly and others who need help to escape.
- Pick a place to meet after you escape to check that everyone got out.
- Practice your escape plan every month.
- Practice getting out with your eyes closed, crawling low to the floor.
- Involve children in making and practicing your escape plan.
- Teach children to never hide during a fire - they must get out and stay out.
- Clear toys, boxes and other debris from exits.
- Check that windows open easily. Fix any that stick.
- Be sure security bars on doors and windows have a quick-release latch and everyone knows how to open them.
- Never open a door that feels hot. Find another way out.
- Escape first and then call for help.

Most residential fires occur during the winter months, according to the CDC and the U.S. Fire Administration. Heating plays a huge role in this statistic, McNeel said.

Space heaters

- Keep space heaters at least three feet away from anything that can burn, including furniture, blankets, curtains and paper products.
- Choose space heaters that turn off automatically if they tip over.
- Never use a space heater to dry clothing.
- Turn off space heaters before you go to bed.
- Only plug space heaters directly into the wall - never use extension cords.

Fireplaces, wood stoves

- Have a service person inspect and clean your chimney or wood stove each year.
- Use a metal or glass fireplace screen to keep sparks from hitting nearby carpet or furniture.
- Keep air inlets on wood stoves open.
- Keep kindling, paper and décor away from fireplaces and wood stoves.
- Never use gas or lighter fluid to start a fireplace or wood stove.
- Burn only seasoned hardwood. Burning soft, moist wood causes a lot of creosote build-up and can cause a chimney fire.
- Don't burn cardboard boxes, newspaper or trash. They burn too hot and can cause a chimney fire.

- Be sure vent pipes extend at least 3 feet above the roof.

Detectors

Smoke and carbon monoxide detectors can also be a great ally in escaping a fire. About 43 percent of home fire deaths occur in homes without smoke alarms, according to the CDC and the U.S. Fire Administration.

People are advised to:

- Install a smoke alarm on every floor of your home, even the basement.

- Install a smoke alarm outside every sleeping area. Ideally, install smoke alarms in every sleeping area.

- Test smoke alarms monthly.

- Change the batteries at least once a year.

- Teach children what your smoke alarm sounds like and what to do if they hear it: Get out and crawl low under smoke.

- Never disable a smoke alarm (like for cooking smoke). Consider alarms with hush buttons.

- Never remove a smoke alarm battery for some other use.

- Keep smoke alarms clean. Vacuum them often.

- Replace smoke alarms after 10 years.

- Choose smoke alarms that come with 10-year batteries.