



# SENATOR JIM ALESI

*The Original Community Update: Week Ending 10/08/10*



## **FIRE PREVENTION WEEK: LEARN THE STEPS TO SAFETY!**

When it comes to fire, preparation and practice can save lives. In keeping with Fire Prevention Week (October 3rd - 9th), I encourage you to sit down with your family to review your fire-emergency escape plan. Review possible routes to the outside from every room in your house, especially bedrooms, and map your escape plan with both a normal exit route and an emergency exit route in case the normal route is blocked by fire. *Also remember:*

- Your plan should focus on escaping from upstairs bedrooms without using stairs. Smoke and rising heat usually eliminate stairs as a possible exit.
  - To designate a safe meeting place outdoors. Pick one family member to be responsible for calling 911 from a neighbor's home if there is a real fire.
  - That everyone knows two ways out of each room.
  - The importance of not going back into the house. You may have only one chance to get out safely.
  - Everyone sticks to the plan.
  - Practice drills should be held at least twice a year.
- When practicing drills, keep these questions in mind:*
- Are there any escape routes blocked?
  - Is there anything that could cause children to fall or stumble?
  - Are there flashlights readily available in case the lights are not working?
  - Are windows low enough to escape through, and can screens or storm windows be opened quickly?
  - Does each member of your family know how to unlock the windows?

If you would like to obtain more information on how to safeguard your family, and your home, please contact my office. Good preparation is always the best prevention!

## **SENATOR ALESI'S ANNUAL FAMILY HEALTH & FITNESS FAIR A GREAT SUCCESS**



Senator Alesi greeted attendees at his 21st Annual Family Health & Fitness Fair. It is anticipated that more than 4,000 people visited the Fair.

**Continuing my efforts to bring free health services to local residents, I was proud to join thousands of Monroe County residents yesterday, October 7th, at my 21st Annual Family Health & Fitness Fair, at the Dome Arena at the Fair & Expo Center in Henrietta.**

**I thank all the health care professionals, vendors, and sponsors for their participation and continued support, and I am grateful to the thousands of residents that attended, making this year's fair a tremendous success!**

**Growing every year, the Fair serves as a one-stop source for those individuals seeking quality medical information and services. This year's Family Health & Fitness Fair offered flu shots – provided by the University of Rochester Medical Center Flu Prevention Program – for the upcoming cold and flu season. Attendees of the Fair also were introduced to a wide variety of free services offered by area health providers.**

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