



NEW YORK STATE SENATOR

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## Community Update: Week Ending 10/08/2010

JAMES S. ALESI | October 13, 2010

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?

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!**