



October is National Fire Prevention Month. The Southern Tier Child Health and Safety Team is urging everyone to join the Prevent Fires NY campaign and encourage their families to practice fire safety throughout the year.

One of the most effective ways to protect yourself and your family from fire is to create a family fire escape plan and follow a family fire safety checklist. The Firemen's Association of the State of New York (FASNY) has developed the following recommended family fire safety checklist.

### **FIRE SAFETY CHECKLIST FOR FAMILIES:**

- Install smoke alarms on every floor and outside each sleeping area of your home.
- Test smoke alarms monthly. Make sure everyone knows that the piercing sound means danger, and they should escape quickly.
- Gather all family members to plan at least two escape routes. Include a safe place to meet outside, such as neighbor's house or a certain tree.
- Practice fire drills following these escape routes.
- Store matches, lighters, and any flammable materials in safe places away from children.

### **Teach young children:**

- The meaning of hot.
- The difference between toys and tools for adults, such as matches and lighters.
- Your local fire emergency telephone number.
- To call an adult if they see smoke or fire, even if they started the fire.
- Never to hide during a fire, even though firefighter outfits may look scary.
- Know to crawl on the floor for easier breathing when fleeing a fire.
- Keep calm if clothes catch on fire. Stop, drop, and roll until the fire goes out.
- Never return to a burning building. Call for help from a neighbor's home.

Supported by the New York State Office of Children and Family Services, the Southern Tier Child Health and Safety Team, a program of Southern Tier Health Care System, is dedicated to ensuring the health and safety of children in Allegany and Cattaraugus counties.