

Every year, thousands of Americans experience fires in their homes and workplaces. We can greatly reduce these tragedies by taking a few, very simple steps. For example, if each of us strives to remain attentive while cooking, to properly dispose of all smoking materials, and to regularly check and replace smoke alarm batteries, we can help keep our families safe from harm and protect personal property. Additional precautionary measures should also include the formation of an emergency plan and the education of our children about the proper ways to handle potentially dangerous situations with fire.

This week's theme, "Stay Fire Smart! Don't Get Burned," focuses on increasing burn awareness and prevention. We can each do more to avoid severe burns by testing water temperature, remaining aware of open flames, and ensuring that heating elements—such as those in electric stoves, toasters, hair appliances, and space heaters—are secure and operated properly. These easy, common sense practices can help Americans avoid suffering painful burns.

Fire can have a devastating impact on the life of an individual or family, and it can have far-reaching financial and human consequences. Wildfires can burn hundreds of acres and affect numerous communities, while household fires can spread to neighboring buildings. These and other emergency situations can endanger the lives of not only the public, but also our rescue workers and firefighters. During Fire Prevention Week, we are reminded of the dangers of fire, we honor the brave men and women who protect us from it, and we recommit ourselves to its responsible use.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim October 4 through October 10, 2009, as Fire Prevention Week. On Sunday, October 4, 2009, in accordance with Public Law 107-51, the flag of the United States will be flown at half staff on all Federal office buildings in honor of the National Fallen Firefighters Memorial Service. I call on all Americans to participate in this observance with appropriate programs and activities and by renewing their efforts to prevent fires and their tragic consequences.

IN WITNESS WHEREOF, I have hereunto set my hand this second day of October, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

Proclamation 8433 of October 2, 2009

Child Health Day, 2009

*By the President of the United States of America
A Proclamation*

Our Nation has an obligation to provide access to affordable, high-quality health care for all our children. No child should be forced to go without medical attention because the cost of a doctor visit is too high. Healthy children are better equipped to combat illness and to perform well in

school, impacting their development well into adulthood. On Child Health Day, we recognize the fundamental importance of health care for our Nation's children, and dedicate our collective energies to support their needs and those of their families.

The responsibility for our children's health rests with every American. Parents and guardians should lead by example. We must teach our children the importance of healthy eating and a physically active lifestyle. We can support community programs across America that provide our young people with healthy choices, and ensure that families have the resources necessary to champion the health of their children. From outdoor activities to community athletic teams, we can seize opportunities to increase physical activity in the lives of our children, and promote healthy habits at an early age.

When our children make smart, healthy decisions, they are set on the path towards success. A balanced diet, coupled with proper exercise, has proven effective in combating childhood obesity and other chronic illnesses among our Nation's young people. More recently, the lure of indoor distractions has drawn our children away from the athletic fields and outdoor activities that can be part of a healthy lifestyle. We must engage our Nation's children in behaviors that support their physical fitness, ensure they have access to healthy, affordable food, and empower their families with the information essential for healthy living.

As a Nation, we cannot allow our children to fail in reaching their full potential because we fail to meet their basic needs. My Administration has made children's health a priority, and I was proud to sign the reauthorization of the Children's Health Insurance Program (CHIP), extending health care to millions of young Americans who were previously uninsured. Today, we celebrate the health of our children and rededicate ourselves to providing a bright, healthy future for our Nation's youth.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim Monday, October 5, 2009, as Child Health Day.

I call upon families, child health professionals, faith-based and community organizations, and governments to help ensure that America's children stay safe and healthy.

IN WITNESS WHEREOF, I have hereunto set my hand this second day of October, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA