It’s 4:30am and you are in a deep sleep. It is a winter night and frigid outside. You wake up to the sound of the fire alarm. It may be tempting to roll over and assume that it is just another fire drill or false alarm...

Unfortunately, this is exactly what students at Seton Hall University did on January 19th, 2000 - only this time it was not a drill or false alarm. There was a fire, set by arson, in the Boland Hall freshman residence at the University. In total, three students were killed and 58 were injured. Four of those injuries left students hospitalized for months—some for years. Two of the severely injured students, Shawn Simmons and Alvaro Llanos, have come to UConn to speak about their experience. Both delaying their response to the alarm and not knowing two ways out were factors that contributed to the severity of their life-long injuries.

Always take a fire alarm seriously. If you hear a fire/carbon monoxide alarm in your building, house, office, classroom, etc. evacuate the building and call 911. Wait for first emergency personnel to arrive and determine no hazard exists.

Know two ways out of the buildings you are in. When evacuating during a fire, your primary escape route may become impeded. Knowing an alternate route to exit the building can save your life.