

# The BurnNet

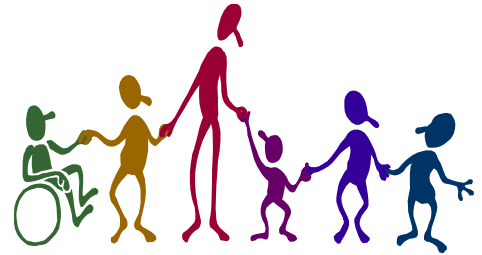
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## OUR GROUP MEETING

Thursday, **January 7**, 7:30-9:00pm  
Directors Conference Room  
First Floor, Main Hospital

The Burn Recovery Support Group is a monthly meeting where burn survivors, families and significant others, discuss issues and raise questions related to their injury. For more info call (916) 734-5596.



## LAST REMINDER TO JOIN US CHRISTMAS MORNING!



### **December 25 UC Davis Medical Center Holiday Project**

Join firefighters and burn survivors as we carol through the FFBI Regional Burn Center at UC Davis Medical Center on Christmas morning! We'll gather in the Burn ICU Waiting Room before caroling at 9:00 AM. Want more information? Deb Jones RN at 916-734-5596 or [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)

## OUR NEW WEBSITE

UC Davis Medical Center just launched our new and improved website for the FFBI Regional Burn Center. Please check it out!  
<http://www.ucdmc.ucdavis.edu/burncenter/>



## ARE YOU RECEIVING THE BURNNET VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet every month?  
Email Deb Jones RN at: [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)

## PRESSURE GARMENT ASSISTANCE AVAILABLE

Patients who have problems with the fit or delivery of their garments can get help by calling the representative who fitted you first. In most cases, as a patient treated at UC Davis Regional Burn Center, that would be Heather Weidle of Enhance by Linda Reib. Her office phone number is 916-638-2508. Burn survivors should always act quickly anytime pressure garment problems are perceived. Don't be shy about this. Your recovery is dependent on being your own patient advocate.



## UPCOMING EVENTS



### January 9 Guns & Hoses Crab & Shrimp Feed

Presented by Pig Bowl, held at the Scottish Rite Center, 6151 H Street, Sacramento  
[www.pigbowl.com](http://www.pigbowl.com)



### January 23 Kiwanis Club of Citrus Heights 30th Annual Crab Feed

Citrus Heights Community Center, 6300 Fountain Square Drive. Doors open at 6:00pm. Dinner at 7:00pm. Door prizes. Raffle. Silent auction. Live auction. Music. \$50 per person or \$450 for Table of 10. Proceeds benefit Kiwanis Family House. For more information call Mark Casha at 530-368-6080 or [marcusdc@comcast.net](mailto:marcusdc@comcast.net)



### January 30 Guns & Hoses 42nd Annual Football Game

Presented by Pig Bowl, held at Cal State Sacramento, 6000 J Street, Sacramento  
Annual Charity Football Game: Sacramento Area Firefighters vs. Sacramento Law Enforcement. [www.pigbowl.com](http://www.pigbowl.com)



### February 11-14 22nd Annual Firefighters "Fill the Boot for Burns" Boot Drive

Sunrise Mall, corner of Greenback and Sunrise in Citrus Heights. Want to volunteer to help? Contact Lisa Watanabe at 916-739-8525 or Deb Jones RN at 916-734-5596.  
FREE Safety Fair for the community on Saturday!

## OTHER SUPPORT OPTIONS

- Bothin Burn Center Burn Support Group, San Francisco  
4<sup>th</sup> Thursday of each month, 11:30 am – 1:00 pm  
Call 800-755-2876 for details and directions
- Santa Clara Burn Support Group, San Jose  
1<sup>st</sup> Tuesday of each month, 7:30 pm – 9:00 pm  
Call 408-885-6670 for details and directions
- Phoenix Society – Live Online Support at [www.phoenix-society.org](http://www.phoenix-society.org)



### Peer Support

Every Wednesday 6:00 – 7:30PM PST

### Facilitated Parent Support

2<sup>nd</sup> Monday of each month 6:00-7:30PM PST

## SCALD BURNS

A scald injury can happen at any age. Children, older adults and people with disabilities are especially at risk. Hot liquids from bath water can cause devastating injuries. Scald burns are the second leading cause of all burn injuries.



Hot bath water is responsible for the highest number of fatal and severe scalding injuries among young children. A baby's skin is much thinner than an adult's, so hot water can pose a real danger to children. Many of the children who go to the Emergency Room with a burn or a scald are referred on for further hospital treatment. Recovery may be long and painful and many are left with permanent scarring. Following a few simple tips can help to reduce life changing accidents

- Never leave young children alone in the bathroom. Never ever!
- Many scald accidents happen when a child gets into the bath before it's ready, play with the hot tap when they're in the bath or lean over to pick out a toy and fall in. Never place toys in the bath first.
- Always make sure the water is the right temperature by putting the cold water in the bath first. When the cold water has run, add the hot to get the right temperature.
- The elbow test is the quickest way to check. Dipping your elbow into the water gives a good idea of how it will feel for your baby or toddler. It shouldn't feel hot or cold.
- Talk to children about hot water safety from an early age – help them learn the risks.
- Always try to help elderly members of your household to run their bath and shower so that they don't scald themselves.
- People of all ages are susceptible to scalds, particularly the over-75s as their skin is thinner making them more vulnerable – so always carefully test the water temperature before getting into the bath or shower, whatever your age.<sup>1</sup>

**HOT  
WATER  
BURNS  
LIKE  
FIRE!**

Water Temperature	Time for a 3 <sup>rd</sup> degree burn to occur
155°F 68°C	1 second
148°F 64°C	2 seconds
140°F 60°C	5 seconds
133°F 56°C	15 seconds
127°F 52°C	1 minute
124°F 51°C	3 minutes
120°F 48°C	5 minutes
100°F 37°C	Safe temperature for bathing

If you do get burned, treat it right away. Cool the burn with cool water for 3–5 minutes. Cover with a clean, dry cloth. Get medical help if needed.

<sup>1</sup> [www.hotwaterburns.org](http://www.hotwaterburns.org)

<sup>2</sup> [www.ameriburn.org/Preven/ScaldInjuryEducator'sGuide.pdf](http://www.ameriburn.org/Preven/ScaldInjuryEducator'sGuide.pdf)

Other resources:

**Burn Prevention Foundation**  
**Sparky the Fire Dog**  
**Safe Kids USA**

**U. S. Consumer Product Safety Commission**  
**United States Fire Administration**  
**U.S. Fire Administration for Kids**

## QUOTE

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me, and 90% how I react to it. And so it is with you ... we are in charge of our Attitudes.

~Charles Swindoll

## ARE YOU PREPARED FOR EL NIÑO?

The United States experiences extreme and dangerous weather, and this winter, parts of the U.S. face a particularly severe threat. Forecasts are showing a soon-to-peak El Niño that could deliver drenching conditions to California and throughout the South. The National Oceanic and Atmospheric Administration (NOAA) has developed fact sheets on El Niño available at [NOAA El Niño Impacts by region](#) and the Winter Outlook is available at [NOAA El Niño Winter Outlook](#). These predicted conditions come with an enhanced flood threat and an increase in tornado activity through the spring.



For the next several months, many areas in the United States are at an increased flood risk from El Niño as a direct result of drought and wildfires. Disasters don't always occur when families are together in one place. Now is the time to put together a [family communication plan](#) and talk with your family about ways to contact each other during an emergency, and designate a safe meeting spot. You can also plan ahead by knowing official evacuation routes, and keeping important papers in a safe, waterproof place. Additional tips and resources on how to stay safe and prepare are available at [www.ready.gov](http://www.ready.gov).

More information is available about El Niño at [www.fema.gov/el-Niño](http://www.fema.gov/el-Niño). The tab labeled *Additional Resources* include links to resources from various federal agencies including NOAA, U.S. Department of Agriculture, U.S. Department of the Interior, and U.S. Army Corps of Engineers.

Here are some key federal agency links:

### NOAA

- [NOAA El Niño Regional Impact](#)
- [NOAA El Niño Winter Outlook](#)
- [El Niño Historical Info](#)

### FEMA

- [fema.gov/el-Niño](http://fema.gov/el-Niño)
- [FEMA Hazard Mitigation Assistance \(HMA\) Fact Sheet](#)
- [Individual and Community Preparedness Division Resources](#)

### U.S. Army Corps of Engineers

- [U.S. Army Corps of Engineers Emergency Response and Advanced Measures Fact Sheet](#)

### U.S. Department of Agriculture (USDA)