

# The BurnNet

May 2017, Volume 36, No. 5



## OUR GROUP MEETING

Thursday, **May 4**, 7:30-9:30pm

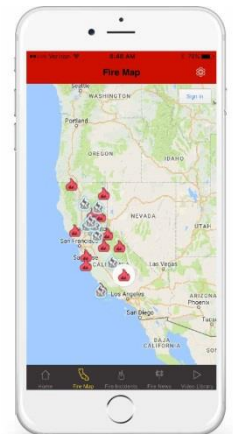
The Burn Recovery Support Group is a monthly meeting where survivors, families burn and significant others, discuss issues and raise questions related to their injury. For more info, call (916) 734-5596.

**\*WE HAVE A NEW MEETING ROOM!** Tower DCR North 1204 – First floor, near West Entrance

## **WILDFIRE IS COMING... ARE YOU READY?** MAY 7-13, 2017 IS CALFIRE WILDFIRE AWARENESS WEEK (FIRST FULL WEEK IN MAY)

Get **READY** for wildfire with the CAL FIRE phone app! Get **SET** by following the wildfire preparation checklist items so your family can be ready to **GO** when wildfire strikes. Features include:

- ❖ Checklists with steps for:
  - taking charge of your Defensible Space
  - hardening your home
  - preparing for Bark Beetle
  - creating an evacuation and family communication plan
  - assembling an emergency supply kit
  - evacuating early!
  - Customized Wildfire Texts or Push Notifications
  - Get alerts when a wildfire is reported in your chosen zip code or within 30 miles of you.
- ❖ Fire Incidents Page
  - Stay updated about current wildfires, such as size and containment percentage
- ❖ Fire Map
  - See a map of all current fires
- ❖ Video Library
  - Check out informational videos about wildfire preparation and prevention



Go to [www.readyforwildfire.org](http://www.readyforwildfire.org) Download today!

## 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)



## UPCOMING EVENTS



### MAY 13 UCDAVIS FIRE 12<sup>TH</sup> ANNUAL PANCAKE BREAKFAST FUNDRAISER

UCD Fire Station 34, 625 Kleiber Hall Drive, Davis. Prepared by the UC Davis Student Resident Fire Fighters of Station 34. All proceeds go directly to the Firefighters Burn Institute. \$5 Pre-sale, \$7 at the door. Email [ucdfire@gmail.com](mailto:ucdfire@gmail.com) or come by Station 34

for tickets.



### JUNE 10 TOUGH MUDDER TAHOE 2017

Team FFBI (Firefighters and Burn Nurses) will be running the rigorous 10-12 mile, 20+ obstacle Tough Mudder course at Lake Tahoe. They have pledged to collectively raise \$10,000 for the FFBI before the big day! To help support their fundraising goals, please click [here](#). Want to be a sponsor? Contact the FFBI at (916)739-8525 or [staff@ffburn.org](mailto:staff@ffburn.org).



### JUNE 24 6<sup>th</sup> ANNUAL FIREFIGHTER'S "A TROPICAL AFFAIR"

The best tropical event of the year is BACK! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! This outdoor event will be held on The Lawn @ Shriners Hospital. Tickets on sale now! Early Bird Special – only \$40 each until April 30. Prices go up in May. Call FFBI at 916-739-8525 or [www.ffburn.org](http://www.ffburn.org)

## DEADLINES!

Are you interested in returning to school or attending the Phoenix Society World Burn Congress? Scholarships and grants offered by the Firefighters Burn Institute and The Phoenix Society have deadlines arriving in June 2017! If you are interested, please contact the Firefighters Burn Institute at 916-739-8525 or [staff@ffburn.org](mailto:staff@ffburn.org); or The Phoenix Society at 800-888-2876 or [info@phoenix-society.org](mailto:info@phoenix-society.org)



## QUOTE

Hard times don't create heroes.  
It is during the hard times the 'hero' within us is revealed.  
~Bob Riley

## 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. Do not be shy about this. Your recovery is dependent on being your own patient advocate.



## PHOENIX SOCIETY ONLINE LEARNING

Burn survivors and their families are able to participate in free online learning courses designed to empower, with the tools to handle questions, stares and social situations after a burn injury! Phoenix Society's Online Learning is a web-based program developed by burn survivors, family members, and burn care professionals. Enroll now at the following link:



[www.phoenix-society.org/community/stayconnected/online-learning-community/](http://www.phoenix-society.org/community/stayconnected/online-learning-community/)

## OTHER SUPPORT OPTIONS



Live Online Support

[www.phoenix-society.org/chat](http://www.phoenix-society.org/chat)

o Peer Support

EVERY Wednesday 6:00 – 7:30PM PST

o Facilitated Parent Support

EVERY Monday 6:00-7:30PM PST

For any questions please do not hesitate to contact [nicole@phoenix-society.org](mailto:nicole@phoenix-society.org)

## EVERYTHING YOU NEED TO KNOW ABOUT SUNSCREEN, BUT WERE AFRAID TO ASK

Sunscreen and sunscreen labels have changed. Words you no longer see on labels: *Waterproof* or *sweat proof*. These words mislead people into thinking it won't come off. The truth is sunscreen **will** wear off at some point. *Sunblock* is another word that misleads people. Manufacturers must use the word "sunscreen." Also, thanks to label changes, you can now tell whether a sunscreen can help prevent skin cancer, premature skin aging, and sunburn — or just sunburn.

Here is what to look for:

- Make sure you see the words "**broad spectrum.**"

To select a sunscreen that can protect against skin cancer, premature skin aging, and sunburn, you'll need to look for two things: the words "broad spectrum." This means that the sunscreen can protect your skin from both types of harmful UV rays — UVA rays and UVB rays. Sunscreens that don't protect against UVA or have a broad spectrum SPF below 15 will carry a warning: "This product has been shown only to prevent sunburn, not skin cancer or early skin aging."

- Choose sunscreen with **SPF 30** or higher.

The second thing you want to look for is the SPF. Our burn team, as well as the American Academy of Dermatology recommends that you select a sunscreen with an SPF rating of 30 or higher.

- Look for the words "**water resistant.**"

We also recommend that you look for the words "water resistant." This tells you that the sunscreen will stay on your skin for a while even if your skin gets wet. Not all sunscreens offer water resistance. If the sunscreen offers water resistance, you will see "40 minutes" or "80 minutes" after the words "water resistant." This tells you how long your skin can be wet or sweaty before you need to reapply.



- Select a sunscreen you really like.

Sunscreen can only protect your skin when you use it. When shopping for sunscreen, try samples if available. Smell the product. Selecting sunscreen that you really like helps to ensure that you'll use it.

- Select sunscreen that does not contain insect repellent.

You will still find sunscreen that contains insect repellent. However, it is recommended that you buy these two products separately. You need to reapply sunscreen liberally-- at least every two hours. In most situations, you need to reapply insect repellent much less frequently and much more sparingly.

- Select a product to protect your lips.

Skin cancer can develop on the lips — and be quite aggressive. To protect your lips, select a lip balm that is labeled "Broad Spectrum SPF 30." Be sure to use it year round.

How to apply:

Sunscreen can protect your skin against skin cancer and premature aging. However, it is not as effective unless it's applied correctly. Follow these tips when applying sunscreen:

- Apply sunscreen generously before going outdoors. It takes approximately 15-20 minutes for your skin to absorb the sunscreen and protect you. If you wait until you are in the sun to apply sunscreen, your skin is unprotected for that first 15-20 minutes after application.
- Use enough sunscreen. Most adults need at least one ounce of sunscreen, about the amount you can hold in your palm, to fully cover all exposed areas of your body. Rub the sunscreen thoroughly into your skin.
- Apply sunscreen to all bare skin. Remember your neck, face, ears, tops of your feet and legs. For hard-to-reach areas like your back, ask someone to help you or use a spray sunscreen. If you have thinning hair, apply sunscreen to your scalp.
- If you choose the new sunscreen sprays on the market, never apply near an open flame like a BBQ grill, candle or lighter; and do not approach a flame until the product has had time to dry completely.
- Reapply sunscreen at least every two hours to remain protected, or immediately after swimming or excessively sweating.
- People who get sunburned usually didn't use enough sunscreen, didn't reapply it after being in the sun, or used an expired product. Sunscreen expires?!! How do you know?
  1. To determine if sunscreen has expired, first look for an expiration date on the label.
  2. If there is no expiration date, you can call the customer service number listed on the label. You can provide them with the codes that are printed on the bottle and they can tell you if it has expired.
  3. Most sunscreens have a three-year shelf life. After sunscreens expire, the chemicals begin to degrade and separate, making them less effective.

4. Always check the expiration date on sunscreen **before** you purchase it.
5. Keep in mind that extreme temperatures can also make sunscreen become less effective, despite its expiration date. Don't store it in your car or leave it out in the sun.

#### More Sunburn Protection Tips

- Your skin is exposed to the sun's harmful UV rays every time you go outside, even on cloudy days and in the winter. So whether you are on vacation or taking a brisk autumn walk in your neighborhood, remember to use sunscreen.
- When possible, dress yourself in cool, comfortable clothing that covers the body, like lightweight cotton pants, long-sleeved shirts, and hats.
- Select clothes made with a tight weave - they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better.
- Wear a hat or cap with a brim that shields the face and ears.
- Limit your sun exposure between 10:00 am and 4:00 pm, when UV rays are strongest.
- Wear sunglasses with at least 99% UV protection.
- Set a good example. You can be the best teacher by practicing sun protection yourself. Teach all members of your family how to protect their skin and eyes.

#### Sunscreen for Babies:

- Keep babies younger than 6 months out of direct sunlight if possible. Find shade under a tree, umbrella, or stroller canopy. If protective clothing and shade is not available, use sunscreen on small areas of the body, such as the face, ears and feet.
- For babies older than 6 months: Apply to all areas of the body, but be careful around the eyes.

#### Lastly:

1. If you get sunscreen in your eyes, flush with plain water and wipe hands with a damp cloth.
2. If the sunscreen irritates, try a different formula (lotion, stick, spray) or try a different brand.
3. If a rash develops, stop using it and talk with your doctor.