

The BurnNet

October 2017, Volume 36, No. 10

OUR GROUP MEETING

Thursday, **October 12**, 7:30-9:30pm
*SECOND Tuesday due to schedule conflicts

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.
Tower DCR North 1204 – First floor, near West Entrance



Nearly half of all Americans have not developed a home fire escape plan. Of those that have, one-quarter have never practiced it. These and other findings from a recent survey conducted by the National Fire Protection Association (NFPA) prompted the official theme for this year's Fire Prevention Week campaign, October 8-14, 2017: "Every Second Counts: Plan Two Ways Out™"

In a fire, seconds count. Seconds can mean the difference between residents of our community escaping safely from a fire or having their lives end in tragedy. That is why this year's Fire Prevention Week theme: "Every Second Counts: Plan 2 Ways Out!" is so important. It reinforces why everyone needs to have an escape plan. Here's this year's key campaign messages:

- Draw a map of your home with all members of your household, marking two exits from each room and a path to the outside from each exit.
- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave – this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.



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
You can also find The BurnNet Newsletter at our website:
www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html

FIRE PREVENTION AWARENESS 2017

MARK YOUR CALENDAR! The UCDH Fire Marshal's Office and the FFBI Regional Burn Center will be offering fire prevention education to our staff and clients at various sites on the UCDCM campus.

Event dates/times/sites:

- Thursday, September 28, 2017 3:30p – 7:00p
UCDCM Farmers Market, 45th and X Streets
- Monday, October 9, 2017, 11:00a—1:00p
Outside the East Entrance of the Elison Building (between Parking Structure 2 and the ACC Cafeteria)
- Wednesday, October 11, 2017, 11:00a—1:00p
Outside West Entrance of the Education Building/Blaisdell Medical Library (45th St at X St)
- Friday, October 13, 2017, 11:00a—1:00p
Outside the Main Entrance of the Broadway Building



UPCOMING EVENTS



SEPTEMBER 24 BURN COMMUNITY PICNIC

11:00AM – 2:00PM North Natomas Regional Park, 4989 Natomas Blvd., Sacramento
Please join us for free food, fun and fellowship. Make new friends and reunite with old ones. This picnic is open to all burn survivors and family members, firefighters, nurses and volunteers for Firefighters Burn Institute and staff. Please RSVP by September 19th for all attending guests to: Peri Henderson – peri@ffburn.org or call the office – (916) 739-8525 Hope to see you there!



NOVEMBER 18 4th ALARM CHILI COOK-OFF

6:00PM-10:00PM California Auto Museum, 2200 Front Street, Sacramento
Chili tasting, beer tasting, raffle, silent auction, live music and much more! Interested in sponsoring or joining the competition? Contact the FFBI at staff@ffburn.org or 916-739-8525.



PRINCESS CRUISES
escape completely®

SAVE THE DATE! MARCH 22-26, 2018 BURN COMMUNITY CRUISE!

4 Night Cruise to Santa Barbara and Ensenada. A limited number of scholarships are available to burn survivors, based on need. Interior \$344/Oceanview \$414 per person/double occupancy. Contact Rachel at FFBI or book your cruise with Joshua at Cordially Your Travel (916) 838-3960.

QUOTE

*Just because you had some bad chapters in your life
doesn't mean the story can't end well.
Turn the page and never look back.
~Unknown*



OTHER SUPPORT OPTIONS

Live Online Support
www.phoenix-society.org/chat

Peer Support
EVERY Wednesday 6:00 – 7:30PM PST

Facilitated Parent Support
EVERY Monday 6:00-7:30PM PST



For any questions please do not hesitate to contact nicole@phoenix-society.org



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/

Sacramento Regional Fire Prevention Officers Association Presents

BUTANE HASH OIL FIRES AND THEIR CONSEQUENCES
Wednesday, October 25, 2017
8:30 AM – 1:30 PM
Shriner's Hospital for Children – Northern California
2425 Stockton Blvd, Sacramento, First Floor Auditorium



The dramatic increase in the number of illegal hash oil extraction operations are resulting in many fires and serious burn injuries. Conditions commonly found at these fire scenes can expose first responders and investigators to serious health hazards. Through the use of expert instruction and open discussion, burn nurses and local professional fire personnel will learn of indoor marijuana growth, butane hash oil (BHO) fires and consequences of those fires.

Instructors: Victor Massenkoff, IAAI-CFI and Dr. David G. Greenhalgh MD, FACS

\$30.00 registration fee covers the course tuition, light breakfast and lunch. Complimentary parking in Shriners Hospital Parking Structure. Seating limited to first 90 registrants. Pre-registration/advanced payment is required - RSVP with your completed registration form and registration fee no later than Friday, October 6, 2017 to secure your reservation. For questions: **Vernon Brown 916-726-0404**

Register by mail: (Complete this portion and return with check payment)

▶ Attendee: _____ Title: _____

▶ Company/Jurisdiction: _____

▶ Phone: _____ Email: _____

▶ **Total amount:** \$ _____

▶ **Payment Info:** SRFPOA, c/o Interwest Consulting Group, Vernon Brown
1613 Santa Clara Dr., #100, Roseville, CA 95661

MAKE SAFE HAPPEN

Nationwide's Make Safe Happen program and our partners are launching Home Fire Drill Day on October 14th, 2017 - the last day of Fire Prevention Week. Home fires are one of the biggest safety threats facing American families today - there's one every 86 seconds. Our goal is to encourage and empower parents to teach their children what to do in the event of a home fire. Together, we can #MakeSafeHappen. Learn more about Make Safe Happen and our partners, and help spread the word about Home Fire Drill Day.



HALLOWEEN: STAYING SAFE ON THE SPOOKIEST DAY OF THE YEAR

Full moons. Black cats. Sugar rushes. Things get scary on Halloween. But what are the real dangers of the holiday? Learn how simple precautions, like carrying glow sticks and being extra vigilant about using crosswalks (kids are more likely to be struck by a car on Halloween than any other day of the year), can help you avoid the hazards and still have fun with your family.

SAFE COSTUMES

- Buy costumes made with fire-resistant fabrics. Lighter colors are better, because they make kids easier to see at night.
- Make sure your little superhero is wearing a costume that fits. Pants, shoes and capes that are too big can cause kids to trip and fall.
- Remember how hard it was to trick-or-treat in a mask? Yikes. Try nontoxic face paint or makeup instead; it'll be easier for your child to see and breathe. (But test it on your kids before the big day to make sure it doesn't irritate their skin.)
- Swords and wands are cool, but to avoid actual combat wounds, keep them short and flexible.

GOING TRICK-OR-TREATING

- Kids under 12 should go with an adult. Besides, it gives you a great excuse to dress up and go trick-or-treating.
- Stay visible. Bring flashlights, glow sticks or reflective goodie bags or buckets, and add some reflective tape to costumes.
- When going from house to house, stay on the sidewalk and off the road. If there aren't sidewalks, walk facing traffic and as far to the side as possible.
- Use well-lit, marked crosswalks and never cross the road between parked cars.
- Be the candy police. Check your children's treats to make sure there isn't anything they could choke on.

DECORATING YOUR HOME

- Knives can be the bad kind of scary. Have children paint pumpkins while an adult does the carving.
- Take the fire hazard out of your jack-o'-lantern by lighting it with a glow stick.
- If you do use a real candle to light your pumpkin, a votive is safest. Place the pumpkin on a sturdy surface away from kids, pets, goblins, curtains and flammable objects, and blow the candle out before you leave the room.
- Keep your porch and yard brightly lit and free of obstacles (like too many tombstones) for trick-or-treaters.

Download the [Stay Safe on Halloween infographic](#) to learn more.

