

October 2021



Knowing what to do when an alarm sounds will keep you and your family safe. When an alarm makes noises – a beeping sound or a chirping sound – you must act.

What is your alarm telling you?

SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call 9-1-1, and stay out.
- A single “chirp” every 30 or 60 seconds means the battery is low and must be changed.
 - All smoke alarms must be replaced after 10 years.
 - Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call 9-1-1 and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have “end of life” sounds that vary by manufacturer. This means it’s time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.



- **BurnNet Survivor meeting on October 7th, 7:00-8:30pm**
- **Lunch Bunch with Jessica LaForce, Registered Dietician October 14th, 12:00-12:30pm**
- **Walk & Talk Wed. October 20th, 10:00-11:30am**
- **BurnNet Survivor meeting October 21st, 11:30-12:30pm**
- **World Burn Kick off in Davis at Taqueria Guadalajara Grill October 21st, 5:30pm**
- **Gentle Flow Yoga October 28th, with Amber Wilcox, 6:00-7:00pm**

FREE Event!
OCTOBER 8TH
5PM-7PM

Sacramento Regional Fire Museum
3650 Industrial Blvd.
West Sac, CA

JOIN US IN CELEBRATING FIRE PREVENTION WEEK!

NIGHT AT THE FIRE MUSEUM

- FREE MUSEUM ENTRY FROM 5-7PM
- GAMES, GIVEAWAYS & PRIZES
- MEET SPARKY THE FIRE DOG
- INTERACTIVE BOOTHS
- FIRE APPARATUS ON DISPLAY
- LEARN THE SOUNDS OF FIRE SAFETY
- DESIGN A HOME FIRE ESCAPE PLAN
- STOP, DROP & ROLL

FOR ADDITIONAL INFORMATION PLEASE CONTACT (916)739-8525 OR RACHEL@FFBURN.ORG

Support Every Thursday

BurnNet Survivors Group Virtual Meeting
Thursday, October 7th, 7:00 pm-8:30 pm
and October 21st, 11:30 am-12:30 pm

The BurnNet Survivors are holding our weekly meetings to discuss issues and share questions and answers related to burn injuries and recovery. This month will be **we will be virtual through Zoom only**, thanks to the generosity of the Firefighters Burn Institute. Interested burn survivors, family members, caregivers, and significant others must pre-register to obtain access to the meeting.

Please register at <https://forms.gle/oj9HxyJ9zYrMEBJe9>

Lunch Bunch with Jessica La Force, Registered Dietician
Thursday, October 14th, 12:00-12:30pm

Have lunch with our guest speaker on Zoom. At the end of her talk, there will be a Question & Answer session. You are encouraged to bring your questions.

Please sign up at

<https://forms.gle/BpiyzexMRj35bVsg9>

Gentle Flow Yoga with Amber Wilcox,
Thursday, October 14th, 6:00-7:00pm

Gentle Flow Yoga is geared towards those new to yoga or those who are interested in a gentle practice.

To sign up please email
lhspink@ucdavis.edu

World Burn Kick off at Taqueria Guadalajara Grill
Thursday, October 21st, At 5:30pm

We are just as excited as you are for this year's Phoenix World Burn Congress 2021. Come get to know and connect with burn survivors in the Davis/Sacramento area.

417 Mace Blvd, Davis, CA 95618. (530) 753-6100

You do not need to RSVP for this event.

Walk & Talk Wednesday
October 20th @ 10am
Capitol Park- Corner of 15th and L (across from Cafeteria 15L)

This group is to socialize and get to know the burn community. Bring your family and friends for donuts and coffee. Wear comfy clothes for an easy walk around the capitol.

For more information
call 916-739-8525

Or email lhspink@ucdavis.edu, you do not need to RSVP to this event.

**May be cancelled if air quality is bad from smoke.



Speech workshop with Guleenna
Fridays October 1-29, 12:00-1:00 pm

*No class on Oct 22 for World Burn
A 4-week free virtual workshop series for the burn community led by Sacramento area burn survivor Guleenna Bakshi. Guleenna will share tools she has learned from Toastmasters on how to elegantly speak to personal experiences.

Here is the [sign up link](https://forms.gle/k8CLNrSCQcdEPsnJA) for the **Speech Workshop Series:**
<https://forms.gle/k8CLNrSCQcdEPsnJA>



Upcoming Events



NIGHT AT THE FIRE MUSEUM

- FREE MUSEUM ENTRY FROM 5-7PM
- GAMES, GIVEAWAYS & PRIZES
- MEET SPARKY THE FIRE DOG
- INTERACTIVE BOOTHS
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- LEARN THE SOUNDS OF FIRE SAFETY
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How to apply for a World Burn Scholarship:

To be considered for a scholarship through the FFBI, please review the [World Burn Congress Scholarship Application](#) for instructions and requirements.

2021 Phoenix World Burn Congress

October 22-24, 2021

This year's conference will be held VIRTUALLY!
Scholarship Application Deadline: October 17, 2021

[Apply Online](#) for World Burn Congress 2021

UC DAVIS HEALTH

For more information,
Burn Outreach Coordinator

Lauren Spink:

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