

July 2022



### Fireworks tips:

- The best way to protect your family is to not use fireworks at home. The U.S. Fire Administration recommends attending public displays put on by experts.
- Sparklers can reach 1,200F and cause third-degree burns.

### Prevent a burn while you enjoy outdoor activities:

- Use propane, charcoal and wood pellet barbecue grills outdoors only.
- Keep a 3-foot safe zone around your grill, including siding, deck rails and eaves.
- Clean your grill after each use to remove grease that can start a fire.
- Keep your fire pits and personal fireplaces at least 10 feet from your home or anything that can burn.
- Keep an eye on your grill, fire pit or patio torches. Never walk away from them while they are lit.
- Store matches and lighters out of children's sight and reach.
- Fireworks start over 19,000 fires and send over 9,000 people to the Emergency Room each year in the US. Don't be a statistic. Celebrate with safe alternatives!
- Outdoor movie night. Set up a screen and projector.
- Red, white, and blue silly string...fun for all ages.
- Use glow sticks, they glow in the dark and are a safe alternative to a sparkler.



**SURROUND**  
*yourself with*  
**PEOPLE**  
*who are*  
**ONLY GOING**  
*to lift*  
**YOU HIGHER.**

• **BurnNet Survivors meeting on July 7<sup>th</sup>, 7:00-8:30pm**

• **Lunch Bunch with Erin Louie July 14<sup>th</sup>, 12:00-12:30pm**

• **BurnNet Survivor meeting July 21<sup>st</sup>, 11:30am-12:30pm**

• **Yoga with Amber Wilcox July 28<sup>nd</sup>, 8:00-8:45pm**

• **Walk & Talk Wednesday July 27<sup>th</sup>, 10:00 am-11:30 am**

# SUPPORT

**BurnNet Survivors Support Group**  
**Thursday, July 7<sup>th</sup>, 7:00 pm-8:30 pm**  
**and July 21<sup>st</sup>, 11:00 am-12:30**

While we are all following the guidelines for physical distancing as recommended, this is NOT the time to be socially disconnected. This really can be a difficult time. Even though the rules have changed in California, UC Davis Health continues with our temporary visitor policy, which restricts visitors to reduce the number of people in our facilities.

The BurnNet Survivors have regular meetings to discuss issues and share questions and answers related to burn injuries and recovery. This is through **ZOOM** format 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 Erin Louie, Pharmacist**  
**Thursday, July 14<sup>th</sup>,**  
**12:00-12:30pm**

Our Lunch Bunch meetings will be featuring a guest contributor from our Burn ICU team. At the end of Erin's talk, there will be a Question & Answer session. You are encouraged to bring your questions.

*Please register at <https://forms.gle/m7TP3NEMXJ6MPnnN8>*

If you missed the lunch bunch with Jason Heard MD last month, follow this link  
<https://youtu.be/1lna77fvn8k>

**Yin Yoga with Amber Wilcox**  
**Thursday, July 28<sup>nd</sup>,**  
**8:00-8:45pm**

Yin Yoga is slow-paced style of yoga as exercise, with poses that are held for longer periods of time mainly on the floor. Yin yoga is a relatively quiet practice meant to balance high energy with a slower, calmer environment. Yin yoga has been known to help with sleep, promote relaxation, and more.

*Please register at <https://forms.gle/PmtBd6PiAGmaUuVR6>*



# FIREFIGHTERS BURN INSTITUTE



**Are you ready to meet in person?  
Come join our burn community at Walk & Talk Wednesday**

**July 27<sup>th</sup> @ 10am at a new location  
Tahoe Park**

Warmer weather is here, the sun is shining, and flowers are blooming. Grab your sunblock, sunglasses and join us for our monthly Walk & Talk. 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.

\*No sign up necessary

**For more information  
call 916-739-8525**

## **Burn Community Stand-Up Paddle Boarding and Lunch**

July 29<sup>th</sup> 9:00-1:00pm

To sign up or more information email  
Valorie at [valorie@ffburn.org](mailto:valorie@ffburn.org) or Lauren [lhspink@ucdavis.edu](mailto:lhspink@ucdavis.edu)

