



Burns: Identification & Care

According to the Grossman Burn Center, there are four categories of burn injuries:

First-Degree Burns

First-degree burns usually affect the outer layer of the skin, called the epidermis. A first-degree burn tends to be moist and red in color. A burn of this nature is generally resolved within a week. A classic example of a first-degree burn would be mild sunburn.

When giving first aid for minor burns, the first thing you need to do is to cool and cover the burn in order to relieve pain. However, avoid removing material that may be sticking to the affected part as this can result to an infection. Avoid using iced water or ice on the burn. Bandage the affected area with a sterile pad. Apply antibiotic ointment and wrap the affected area with bandage.

Superficial Second Degree Burns

A superficial second-degree burn penetrates the entire epidermal layer of skin and extends down to the next skin layer, known as the dermis. Pressure on a second-degree burn tends to produce red blanches. The burn may appear moist and pinkish in color. A superficial second-degree burn also should heal spontaneously, often within two weeks.

Deep Second Degree Burns

A deep second-degree burn differs from the superficial variety, because the tissue destruction runs deeper into the dermis. A burn of this nature will be dry and whitish in color. It will not produce red blanches with application of pressure. This type of burn may take three to four weeks to heal. There is a risk that a deep second-degree burn will leave thick or hypertrophic scars. Immediate medical treatment should be sought.



Third-Degree Burns

The most severe classification is the third degree burn. This occurs when the burn destroyed both the epidermal and dermal layers of skin and extended down to the subcutaneous tissue. These burns may be physically depressed, charred, and often leather-like in appearance. Ironically, a third degree burn may not be as physically painful as less severe types, because of the amount of nerve endings that were destroyed. These burns are very serious and often require skin grafting or other reconstructive procedures, so immediate medical attention is crucial.

Burns can change dramatically over the first 48 hours. Get medical attention for any increase in pain/redness/swelling, if a fever develops, or any burn to a child under 2 years old.



Is Your Diet Healthy? March is National Nutrition Month

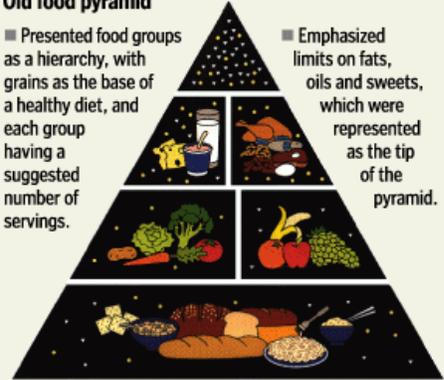
Exercise

- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.



Old food pyramid

- Presented food groups as a hierarchy, with grains as the base of a healthy diet, and each group having a suggested number of servings.
- Emphasized limits on fats, oils and sweets, which were represented as the tip of the pyramid.



Oils

- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

CATEGORY	Grains	Vegetables	Fruits	Milk	Meat and beans
RECOMMENDATION	Half of all grains consumed should be whole grains.	Vary the types of vegetables you eat.	Eat a variety of fruits. Go easy on juices.	Eat low-fat or fat-free dairy products.	Eat lean cuts, seafood and beans. Avoid frying.
DAILY AMOUNT	6 oz.	2.5 cups	2 cups	3 cups	5.5 oz.

Recommended nutrient intakes at 12-calorie levels can be found on mypyramid.gov.

YCPARMIA.ORG is a great safety resource!

Find policy templates, publications, white papers, trainings, and more...

Child Abuse Prevention Awareness Fun Run!

Sunday, April 28, 2013
at the UC Davis Arboretum

Pre-registration at 8:00 am
Race begins at 9:00 am

Buy Tickets on the Yolo Children's Alliance website:

www.yolokids.org/events

STRESSED OUT?

YOU'RE NOT ALONE

You work hard at work, but if you're like many people, when you go home then you have to work some more. Even though we may dream about how we'd like to spend our time off, the reality is that most people spend their off-work time tackling chores, caring for others, or running errands. "This leaves little time to re-energize our bodies and minds," says Marjorie Savage of The Hartford Financial Services Group, of a survey conducted to learn what workers wanted from some extra free time. "A lack of downtime often leads to fatigue and increased levels of stress." Constant high stress levels can affect your work performance, safety, lead to poor decisions and mistakes, and health. What can you do to reduce the stress in your life? Here are a few simple steps that make a big difference:

- ☺ Get everyone in the family involved in household chores. Having kids do their share of the chores teaches children responsibility. It may be difficult at first to teach kids a new chore, but they'll resist less and do a better job each time they repeat it.
- ☺ Don't expect perfection in yourself or demand perfection in others. Good enough is usually just fine.
- ☺ Set a little time aside to take a walk, soak in the tub, listen to music, or whatever helps you relax.
- ☺ Spend some quality time with family and/or friends each week.
- ☺ Worry less. Worrying does not solve problems or improve your life; it just increases stress.

