

July 4th and Summer Safety Tips from UC San Diego Health System

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As we go into this holiday weekend, and with temperatures expected to soar, the staff at UC San Diego Health System reminds our community of some simple but helpful precautions.

Sun & Skin The Regional Burn Center at UC San Diego Health System treats many children and adults with severe sunburns during the summer season.

Many people doze off while lying in the sun at the beach, by the bay or the pool. Severe sunburn can occur on gloomy days due to the intensity of the ultraviolet rays and sun reflected off the water, which is even more intense and can lead to more serious burns.

Our experts recommend wearing sunscreen with a UVA/UVB protection factor of *at least* 15. Apply sunscreen 15 to 30 minutes before going outside and re-apply every two hours. Wear a wide brim hat and tightly woven clothing. The American Association of Dermatologists (AAD) has approved certain brands, which are good for sun protection.

In general, children of all ages should stay out of strong, prolonged sunlight; however, sunscreen can be safely used from age six months forward. If for some reason it is unavoidable for an infant to be in the sunlight, sunscreen is probably safe at any age.

Sun & Sight Sunglasses are sunscreens for the eyes. They protect eyes from the harmful UV-A and UV-B rays of the sun. Sunglasses play a key role in saving your eyes from sight-ending diseases, such as macular degeneration, cataracts or skin cancer around the eyelids. UC San Diego experts recommend comfortable sunglasses that reduce glare and filter out at least 99 percent of both UV-A and UV-B rays.

Hot Coals Accidents involving hot coals can cause severe burns and a child can sustain life-threatening burns. Hot coals should always be disposed of in designated containers at the beach or bay. Do not bury coals with sand. Hot coals covered by sand can retain an intense heat for up to 24 hours.

If a child is burned by hot coals, immediately cool the area but **DO NOT** use ice. Never apply ice to a burn. Experts from the Regional Burn Center at UC San Diego Health System recommend using cold water to cool the burn, and at the same time, wash away the sand and debris. If there is time, apply an antibiotic ointment but get right to the emergency room.

Fireworks Fireworks are illegal in San Diego County and extremely dangerous. Each year, the Regional Burn Center treats patients who have suffered fireworks related injuries, including those from small fireworks called "poppers" that easily fit in a pocket, where they can explode, set clothing on fire and cause serious burn injuries.

Lamp Oil and Lighter Fluid Oil-filled lamps or torches on patios and backyards can cause severe burns if not properly secured, but there is another aspect of using these devices that often goes overlooked. The fluids involved can cause life-threatening pneumonia in young children and adults if the fuel is inhaled.

"Each year, the Poison Center receives an average of 400 calls regarding the ingestion of lamp oil and lighter fluid, the majority of which involve children under the age of five," said Richard Clark, MD, director of toxicology at UC San Diego Health System and Medical Director of the California Poison Control System (CPCS). "A common source of exposure occurs when lamp oil or lighter fluid is placed in a drinking cup or other container in order to transfer it to the lamp, torch or barbecue."

Never transfer lamp oil or lighter fluid in a container normally used for eating or drinking. Lamp oil and lighter fluid should be stored in the original, child-resistant packaging and ensure the lid is securely tightened and out of the reach of children immediately after use.

Please remember: Burn injuries can be serious. In case of a serious burn injury, call 911 for an emergency response.

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