B”H

**CHANUKAH SAFTEY TIPS by Chaya Malka Abramson**

**Think of the beauty and importance of your unique neshama,**

**And then be careful to avoid burns - the danger, pain, and the trauma.**

**Before Lighting -- be cautious, prepared, and aware.**

**Hide the matches, and when you're finished, move away every chair.**

**Kids love to climb -- here, there, and everywhere.**

**In a second, they can be up on any kind of chair!**

**AND THAT'S DANGEROUS!**

**I've heard painful stories of Shabbos urns falling,**

**And children being burnt by water that's scalding.**

**Also, don't let the children near the stove if it's hot,**

**I've heard many terrible stories about burns from a pot.**

**If clothes catch fire, RIGHT AWAY: STOP... DROP... AND ROLL...!**

**This will help put out the flames before they take a terrible toll.**

**This is the best way - all burn experts agree.**

**I can tell you from experience, it helped save me!**

**Do not light your lights on a plastic table,**

**For it may melt and catch fire, or it might not be stable.**

**Place the lights on metal, marble, or glass,**

**And watch out for curtains -- they can catch fire real fast.**

**We love latkes and donuts, from fried foods we don't tire,**

**So know what to do if an oily pan catches fire:**

**As fast as you can, turn off the flame.**

**DON'T add water - that makes an explosion, and then flames spread higher and higher!**

**Slide a metal lid gently over the pan,**

**Back away . . and wait until the pan totally cools.**

**This, too, is one of our Life-saving rules.**

**And for the very last tip--**

**Do your gas and smoke detectors work just as they should?**

**Check right away and make sure that they’re good!**

**Check it, or them, to be perfectly sure,**

**And if it’s not perfect, go back to the store!**

**This isn't the time to save money, this isn't the time to be lazy,**

**Doing so with your health and safety**

**Is simply being crazy!**

**Making sure your gas and smoke detectors work is no joke!**

**You don't want a room filling up**

**With gas or with smoke!**

**My friends,**

**It's essential to protect your family, and do everything right.**

**So that Chanukah will be a joyous time of miracles and light.**

**Remember our tips and also . . to pray every night,**

**For our children and Klal Yisrael by the Chanukah lights.**

**It's important to read, remember, and follow these rules.**

**They're from me to you with love, these Chanukah life-saving tools**

# From the Chaya Malka Burn Foundation B”H

IMMEDIATE FIRST RERSPONSE TO BURNS

 Draw out the heat of the burn ASAP:

**Why?** To arrest tissue damage, minimize pain, trauma and the need for skin grafts.

I**mmediately cover the burned area with**

* PLASTIC WRAPfor 10 min, while you are assessing the pain, and getting needed help. If necessary, continue cooling the burn with one of these methods below.
* ALUMINUM FOIL**,** useif you don’t have Saran wrap, lifting the foil once every min. for 10-15 minutes to release the heat.

When necessary, continue cooling the burn with one of these methods:

* HONEY:  apply and cover with plastic wrap - **change every 10 minutes** until the pain is gone: in all cases, this can take up to 7 hours to draw out the heat.( do not use honey if you are allergic)
* WHITE POTATOES:thinly grate with the peels & pile potatoes 1”high (2.5 cm). Secure with plastic wrap & **change every 1½ -3 hrs**. after the potatoes get hot, until the pain is gone.
* ALOE VERA: apply and cover with plastic wrap - change every 10 minutes until the pain is gone.(Wash, cut thorns, squeeze gel out & cover with Plastic wrap)
* These each separately also work for burns: 2 drops of **Lavender oil** in 1 Tsp olive oil for toddlers and regular **100% Lavender oil** for adults. **Vit C powder**: Submerge burn in **warm water** mixed with Vit C**.**
* **Raw Egg**, but **not on an open wound,** beat & apply one layer. When the egg becomes hot, apply gently another layer. After a few layers, **very gently** wipe off the egg with a baby wipe. Repeat this process again until the pain is gone. Good for face burns**. Urine** also helps to heal burns. (Stings first)

If severe pain is making one very agitated, take **RESCUE REMEDY**.(Rescue)

Put 6-10 drops in a glass of water or juice. Take every 10 minutes as needed. If a child or a senior can’t drink, apply a few drops directly to the inside of the wrists and on the temples. (Found in pharmacies or health food stores.) **NEVER BREAK BLISTERS.**

**When the burn is cool, apply skin-healing creams, cover with plastic wrap and cover the burn with gauze to protect the skin till it is completely healed. IMPORTANT:** If the burn is large, blisters severely, or is painless, seek emergency help from either the above numbers or **HATZOLA – (1221 in Israel)**.  The **ER** **wait can be long**, if you have go to the hospital, **before** **leaving home**, **apply the grated potato**, with plastic wrap. This will continuously cool the wound and arrest tissue damage until you receive treatment. **Instructions above.** Submerging a **severe burn in water is not recommended** as it can cause the skin to blister. When **blood vessels** get cold from water they constrict, to hold in the heat. This is the opposite effect we want.

**Watch for reddening of the area.** If you think the burn is infected, seek professional help. When the affected area is larger than your palm, **oral antibiotics** are recommended to prevent infection.

**HOW TO PUT OUT AN “OIL PAN FIRE”?**

**DO NOT THROW WATER on hot oil > It will cause an explosion!**

* Gently Turn off the source of the heat
* Cover fire with metal lid or cookie sheet
* Wait to move the pan till it is completely cool

**WHAT IF SOMEONE IS ON FIRE?**

**Stop**!    Where ever you are. Motion will increase the air that fuels the fire.

**Drop**!    Onto the floor or the ground, the faster, the better.

**Roll**!     Actually roll your body back and forth to smother the flames.

**Important:** If you are wearing synthetic materials, SD&R does not work!

**dirt** or **water** will smother the smoldering synthetic clothing!

**WHAT TO DO IF YOU SMELL GAS?**

Natural gas has an excellent safety record when it is used properly.  Nonetheless, gas sometimes leaks.

Here is what the experts suggest when you smell gas in your home:

* **Alert others and leave your home immediately**.  Remember: any spark can ignite gas if concentrations are high.
* **Close bedroom doors as you exit**, leave the front door open but, **DO NOT OPEN WINDOWS**.
* **Don’t operate any electrical equipment**, including telephones and flashlights.
* **Call your gas company from a telephone from outside your home.**

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**THANK YOU for PARTNERING with us.**

**Chaya Malka Burn Foundation**

[**www.cmburnfoundation.com**](http://www.cmburnfoundation.com/)

Call or email Chaya Malka for Immediate **First Response to Burns** info & advice

0527627 954 9722 6733196  **US TAX ID# 20-3550527**

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