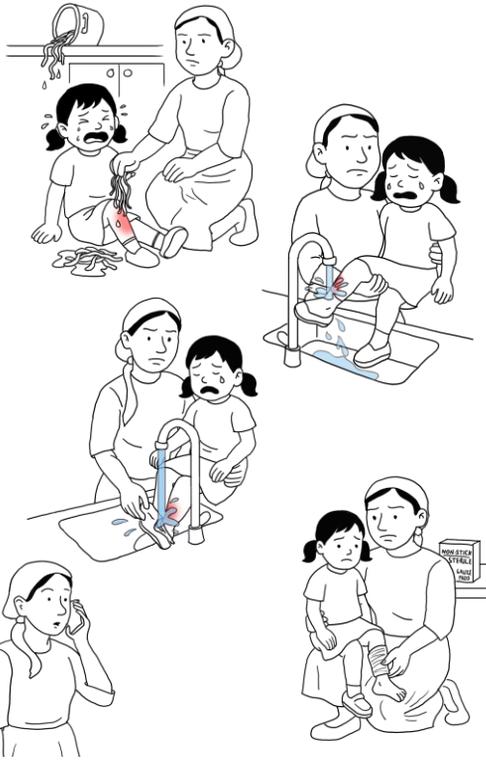


FIRST AID for BURNS



IF YOUR CHILD GETS A BURN:



1. Remove the heat source
2. Run **COOL WATER** slowly over the burn area for at least ten minutes
3. Remove tight items before swelling starts
4. Cover the burn with a sterile, non-stick bandage or a clean, dry cloth
5. Seek medical help if needed. If unsure - seek medical advice

GET HELP IMMEDIATELY if:

- The burn is on the face, hands, feet, groin, neck, or chest
- The burn wraps around a limb
- The burn is larger than the palm of your hand
- You see white, grey, or blackened skin
- Your child seems drowsy, confused, or unwell
- There is any chance of inhaling smoke or hot fumes



REMEMBER TWO THINGS:

- 1 Cool water is the best first aid for burns
- 2 If you're not sure how serious it is - seek medical advice



What **NOT** to do (common mistakes)

- Do **NOT** apply ice or ice water
- Do **NOT** apply butter, creams or sprays on a fresh burn
- Do **NOT** break burn blisters

Preventing burns helps avoid pain, disability and even death!

Check out our free printable safety checklists

