

1. Remove the heat source



2. Run COOL WATER slowly over the burn area for at least ten minutes



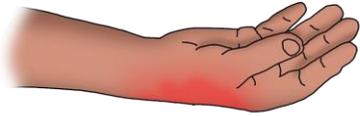
3. Remove tight items before swelling starts



4. Cover the burn with a sterile, non-stick bandage or a clean, dry cloth



Coffee & Band-Aids



FIRST AID for BURNS

2 If you're not sure how serious it is - seek medical advice

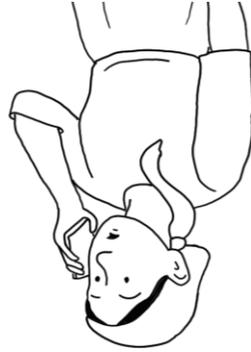
1 Cool water is the best first aid for burns

REMEMBER TWO THINGS:

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

WHAT NOT TO DO:

- 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



5. Seek medical help if needed. If unsure - seek medical advice