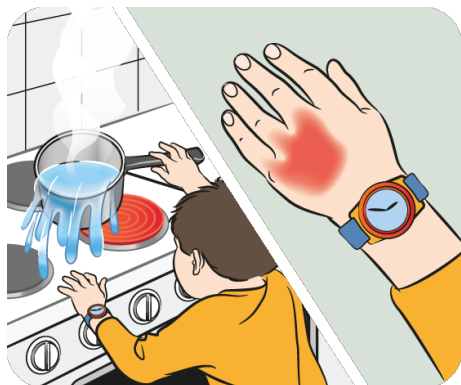
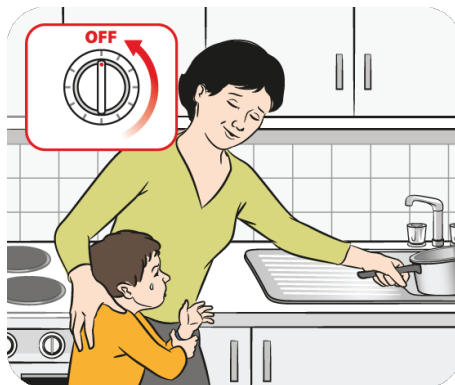


Burns and scalds first aid

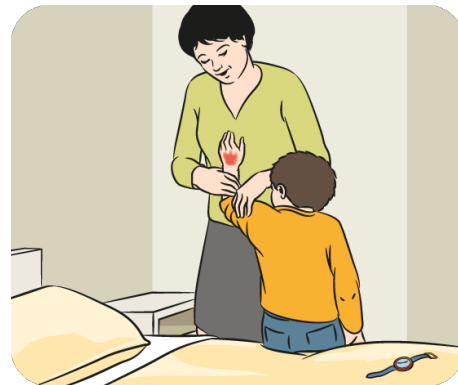
Burns and scalds: what to do



A **burn** is an injury to the skin that happens from touching something hot.
Scalds are burns from hot liquids.



If your child gets a burn or scald, first make sure the area is safe and there's no risk of further injury to your child or yourself. Take your child to a safe place if possible.



Remove any clothing, watches or jewellery around the burn immediately, if they aren't stuck to the burn. Leave any blisters alone.

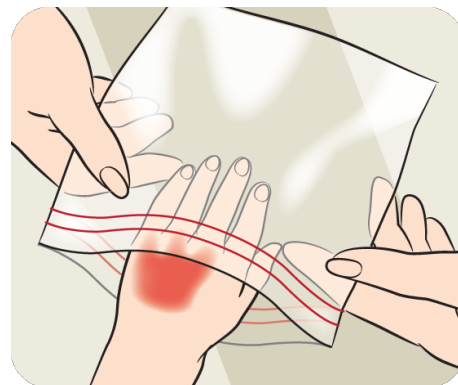
Scalds and burns first aid



Treat the burn under **cool running water** for 20 minutes. If your child is upset or too cold, you can cool the burn for a few minutes at a time over the next three hours.



Cool the burn, not the child. If the burn is large, stop cooling it after 20 minutes. Keep your child warm because hypothermia can happen quickly in children.



Cover the burn with a loose, light, non-sticky dressing like cling film or a zip lock bag. Raise burned limbs to reduce swelling and pain.

Medical attention for burns and scalds



Don't apply ice, iced water, lotions, moisturisers, oil, ointments, butter or flour, creams or powders to the burn. This will make the damage worse.



Call an ambulance if the burn is to your child's face, airway, hands or genitals, or if the burn is larger than the size of your child's hand.



Go to a doctor or hospital if the burn is the size of a 20-cent piece or larger, or if it's deep, raw, angry or blistered. Also go if the pain persists or is severe, or you're not sure how bad the burn is.