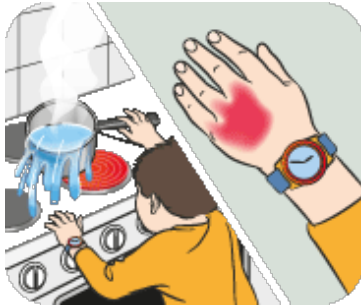


Burns and scalds: first aid

First steps when a burn happens



A burn is an **injury to the skin from something hot** – a heater, oven, hot drink or boiling water in a kettle or saucepan. Scalds are the most common burn among children. They're caused by hot liquids.



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

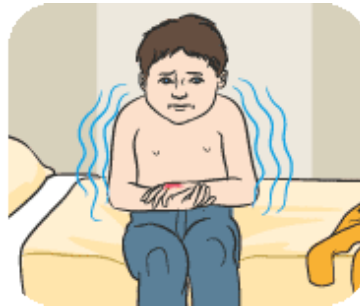


If the burn or scald is over your child's clothing, remove the clothing immediately, if it isn't stuck to the burn. Remove watches or jewellery. Leave any blisters alone.

First aid treatment



Treat the burn under **running water** for 20 minutes. Do this straight away. This treatment is still useful up to three hours after the burn.



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

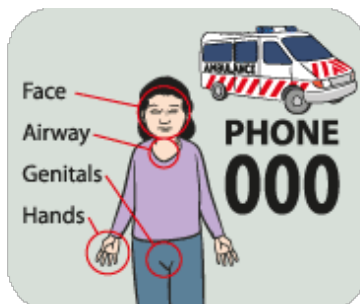


Cover the burn with a loose, light, non-sticky dressing such as plastic wrap or a clean, wet cloth. Raise burned limbs.

When to get medical attention



Don't apply ice, iced water, lotions, moisturisers, oil, ointments, creams or powders to the burn. **Butter or flour can 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.