

# burns **FIRST AID**

**RUN COOL WATER FROM A TAP OR SHOWER OVER THE BURN FOR UP TO 20 MINUTES OR UNTIL AN AMBULANCE ARRIVES.**

Use lukewarm water for babies as they can develop hypothermia.



If your child has a serious burn or scald that is causing a lot of pain or involves their eyes, call 111 immediately.



- ⊕ WHEN THE BURN HAS COOLED, CAREFULLY REMOVE CLOTHING FROM THE AREA. CUT AROUND THE FABRIC IF IT IS STUCK.
- ⊕ TO PREVENT INFECTION, LOOSELY COVER THE BURN (EXCEPT WHEN ON THE FACE) WITH A CLEAN NON-FLUFFY MATERIAL SUCH AS A SHEET (OR PLASTIC WRAP), AND AVOID TOUCHING THE BURN.
- ⊕ IF THE BURN IS CAUSING ON-GOING PAIN OR INVOLVES THE EYES, SEE YOUR DOCTOR AS SOON AS POSSIBLE.
- ⊕ CALL HEALTHLINE ON 0800 611 116 IF YOU ARE UNSURE WHAT TO DO FOR ONGOING TREATMENT.