

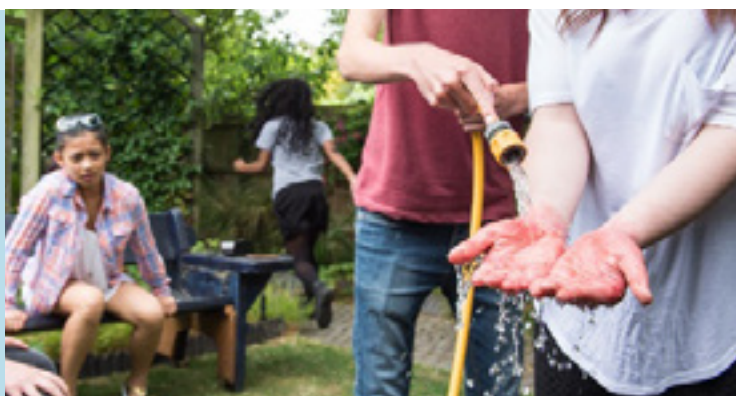


Helping someone who has a

burn



Key action:
Cool the burn.



Recognise what to do:

They may have touched something hot and their skin might be red, painful and may have blisters.

Steps to take:

Cool the burn with cold running water for at least 20 minutes.

Call 999 if you think the burn is serious. Get medical advice if you're not sure or if a child has been burned.

After the burn has been cooled, cover it with cling film or a clean plastic bag.

Supporting knowledge:

Cooling the burn will reduce pain and the risk of scarring. The sooner a burn is cooled with cold running water, the less the impact of the injury.

If you don't have cold water, use any cold harmless liquid such as milk, orange juice or fizzy drink.

A plastic covering like cling film helps to prevent infection by keeping the area clean. Cling film or plastic won't stick to the burn and will reduce pain by keeping air from the skin's surface.