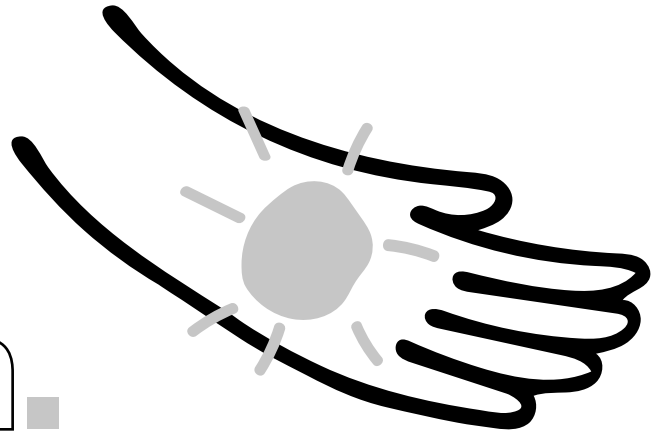
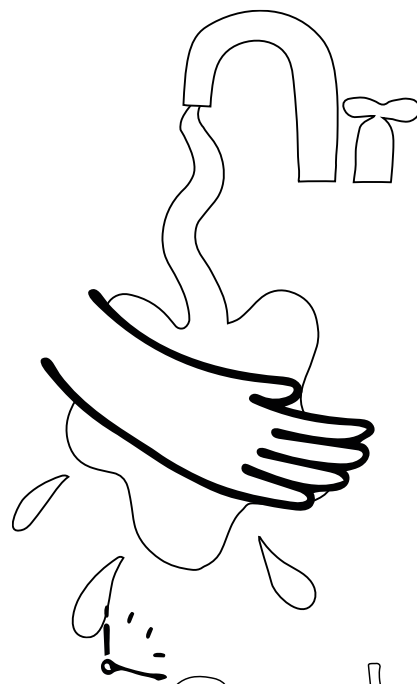


First aid for a burn.

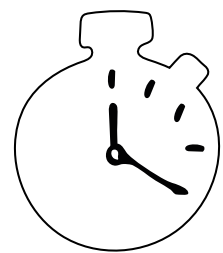


How to help

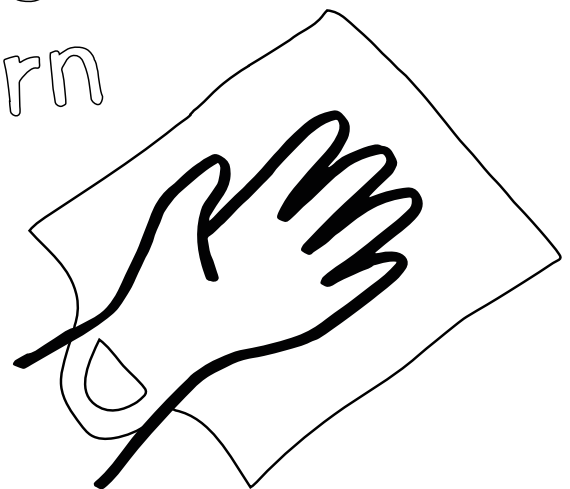
- 1** Take them to a cold tap and hold the burn under cold running water for at least 20 minutes.
- 2** While you are helping to cool the burn, send someone to get an adult.
- 3** After the burn has cooled down, cover it with cling film or a clean plastic bag.



At least
20
minutes



Cool the
burn



Visit **First Aid Champions**.
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and feel confident to help
in an emergency.

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