

How can you help someone who has a

# burn



**Key action:**

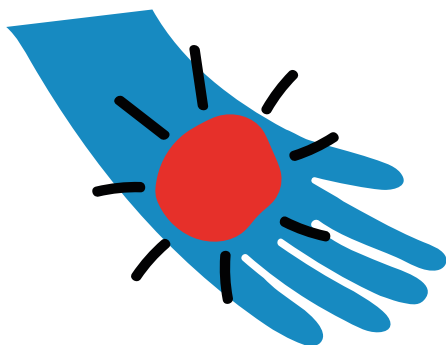
# Cool it



**How do you know they've burned themselves?**

They may have touched something hot.

Their skin might be red, hot and painful.



**How to help**

- 1 Take them to a cold tap and hold the burn under cold running water for at least 10 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.

