

BURN & SCALD FIRST AID



✓ **Remove** – yourself from danger. Remove any clothing and jewellery from the burn area unless it's stuck to the skin

✓ **Cover** – the burn with a clean damp cloth

✓ **Cool** – place the burn under cool running water for 20 minutes. Never use ice, oil or butter as these can make it worse

✓ **Seek** – visit a doctor if the burn or scald is on the face, hands, feet, genitals or buttocks, is larger than a 20-cent coin or blistered



Proudly created by Maddi Moser (Chlo & Co Creatives), Taungurung Mob

