



# BURN & SCALD FIRST AID

---

- ✓ 1. Remove
- ✓ 2. Cool
- ✓ 3. Cover
- ✓ 4. Seek



# BURN & SCALDS FIRST AID



- ✓ **Remove** yourself from danger. Remove any clothing and jewellery from the burn area unless it's stuck to the skin
- ✓ **Cool** – place the burn under cool running water for 20 minutes. Never use ice, oil or butter as these can make it worse
- ✓ **Cover** the burn with a clean damp cloth
- ✓ **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

