

National Burns Awareness Month



Prevent

Take action to prevent burns and scalds to yourself and others.



Remove

Remove yourself from danger and remove any clothing or jewellery unless stuck to the skin.



Cool

Place the burn under cool running water for 20 minutes.



Cover

Cover the burn with a clean dressing.



Seek

Seek medical attention if the burn is on the face, hands, lap or feet, is bigger than 20 cent piece or is blistered.