

## More about burn care...

### *Should I use ice on a burn?*

**NO!** Using very cold water or ice on large burns makes the body temperature drop. Ice on burns also can cause more skin damage. Use only cool or room temperature water on burned skin.

### *Should I break a blister?*

**NO!** Small blisters with a clear fluid inside should not be broken because this could let germs into the wound. Large blisters or blisters with a cloudy fluid should be seen by a doctor.

### *Is it okay to put butter or first aid creams on a burn?*

**NO!** Anything greasy won't let the heat out, and this can make a burn worse. First aid creams, ointments and jellies offer little protection against germs.

### *When should I see a Doctor?*

It is often difficult to distinguish a burn that requires medical treatment from one that does not. Any burn that may be serious according to one or more of the severity factors mentioned in this brochure, should be seen by a doctor.

## IN CASE OF EMERGENCY CALL 911

### EMERGENCY INFORMATION

Our Family Name \_\_\_\_\_

Our Address \_\_\_\_\_

Our Town/Borough/City \_\_\_\_\_

Our Telephone No. \_\_\_\_\_

Doctor's No. \_\_\_\_\_

Police No. \_\_\_\_\_

Ambulance No. \_\_\_\_\_

Fire No. \_\_\_\_\_



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Burn Prevention Foundation



## FIRST AID For Burns

*Proper care for burn injuries is of utmost importance. Whether the burn is minor or severe, knowing what to do and what NOT to do could save a life. Should you break a blister? Should you put butter or ointments on a burn? Should you put ice on the burn? Look inside for the answers!*



## What “degree” is the burn?

The degree of the burn actually refers to how deep the skin is actually burned. Healthcare professionals more often refer to the degree as superficial, partial thickness, or full thickness burns.

### First Degree Burns:

Superficial burns appear dry, with no blisters, and are pink or red in color. These burns are tender and very sore. A bad sunburn is an example of this type of burn.

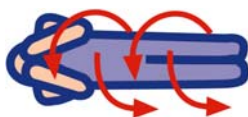
### Second Degree Burns:

Partial thickness burns may ooze fluid; have moist blisters; appear to have splotchy patches; and can be white to pink or red. These burns are very painful.

### Third Degree Burns:

Full thickness burns are the most severe. They appear dry and leathery. The skin will be white, brown or charred. There may be little or no pain in the area of the full thickness burn because nerve endings can be damaged.

## If you are burned...



If your clothing is on fire, **stop, drop and roll** over the flames to extinguish the fire.



**Cool the burned areas** immediately with **room temperature, or tepid, water** to reduce skin temperature and stop the burning process, numb the pain and prevent or reduce swelling.



### Remove burned clothes.

Lay the victim flat. Remove non-sticking clothing. Loosen or remove tight clothing, jewelry or boots before swelling occurs. For scald burns, immediately remove hot, wet clothing.



**Cover the burn.** After cooling the burn with water, apply a clean, dry dressing to the burned area.

Cover the victim to keep him warm.



**Get medical help.** Get the victim to a hospital. Do not underestimate the seriousness of the burn



**Do not use ointments, sprays, first aid creams or butter.**

In a large burn, heat loss can be fast. If a person complains of being cold or starts to shiver, cover them with a blanket and get medical attention.

## How is the severity of a burn determined?

### Depth

More commonly known as “first, second or third degree”. Refers to how deeply the skin is burned. Third degree is the worst.

### Size

If the burn is larger than the size of the person’s palm, see a doctor. Even a smaller burn can be serious, especially in children and the elderly.

### Location

Hands, feet, face (especially eyes) and genitalia are critical areas. Even small burns of these areas may require hospitalization.

### Injury Source

Electricity, chemicals and smoke or toxic fumes complicate a burn injury.

### Health

Chronic health conditions, such as diabetes, can cause complications in the burn-injured patient.

### Age

Infants, young children and older adults are endangered by even small burns.