



FIRST AID INSTRUCTIONS FOR MINOR BURNS

Seek medical attention immediately for burns that are larger than a person's hand, that are to the face or genitals or that are grey or leathery.

First Aid for Minor Burns

For burns that cover only a small area of the body:

- Immediately apply cold water for 15-20 minutes. This helps lessen the pain and stops the heat from penetrating deeper.
- Leave blisters intact.
- Protect area from heat (sun) and dirt.
- Wash the wound gently with a mild soap and water, especially if a blister has burst.

What NOT to do:

- Never put ice on a burn - it can make the burn worse.
- DO NOT apply butter or grease. Oils trap heat on the skin and can cause infection.
- DO NOT apply toothpaste, dirt or other traditional remedies.

Call your doctor if you need further information or assistance for:

- Increased pain, redness, swelling or fever
- Any burn to a child under 2 years old.