

The Do's and Don'ts of Treating a Burn



- Check the scene for safety.
- Stop the burning by removing the person from the source of the burn.
- Check for life-threatening conditions.
- As soon as possible, cool the burn with cool running water for 10 to 15 minutes.
- Call an ambulance for any burn that covers more than 10% of the body, is a widespread area on the face, head, hands or feet, or is a deep burn.
- For large burns, cool small areas at a time to prevent shock.
- Raise the injured limb above the heart to prevent swelling and provide pain relief.
- Cover the burn loosely with a sterile dressing.
- For severe burns, have the person lie down and treat for shock. Comfort and reassure the person and keep the body temperature regulated as you wait for help.



- Do not apply ice or ice water to any burn.
- Do not touch a burn with anything except a clean covering.
- Do not remove pieces of clothing that stick to the burned area.
- Do not try to clean a severe burn.
- Do not break blisters as this could lead to infection.
- Do not use any kind of ointment on a severe burn. Grease hold in heat and may make the burn worse.

