

# TREATING A BURN



- 1** Wear personal protective equipment, such as latex gloves, if available.
- 2** Cool the burned area with cool running water for several minutes.
- 3** If wet clothing is covering the burn, and it is not charred to the skin, remove it slowly. This will allow the skin to cool more efficiently.
- 4** Immediately call 911 if:
  - The damaged area is larger than a hockey puck;
  - The burn has occurred on the face, hands, feet, or genitalia;
  - There is blistering, which indicates the top layer of skin has been completely damaged; or
  - There is charring, which indicates even deeper damage to all three layers of skin.
- 5** Mild burns with reddened skin and no blisters can be treated with a topical burn ointment to reduce pain.
  - DO NOT APPLY BUTTER, OIL, OR ICE TO ANY BURN!
  - Only cover the burn with sterile dressings. If the burn is severe and multiple layers of flesh have been removed, do not apply dressings; they may get stuck to the skin which will cause pain when treated later by a doctor.
- 6** If appropriate, provide a pain reliever like ibuprofen. If stronger relief is needed, contact a physician.
- 7** Preserve all evidence.
  - Do not discard any item or device that may have contributed to the burn!
  - Save all packaging and directions that came with the device.
  - Immediately take photos of the scene and the victim's injuries.