



First Aid Tips

First Aid for Minor Burns (burns that cover only a small area of the body)

- Immediately apply cool water for approximately 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.
- Do not apply butter or grease. This traps the heat on the skin and can cause infection.
- Do not apply toothpaste, dirt, etc. This can cause infection.
- Call your doctor if you need further information or assistance for:
 - Increased pain, redness, swelling or fever
 - Any burn to a child under two-years-old
 - Larger or more serious 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.)