



Burn and Burn Prevention Tips for Parents

What to Teach Children

- **Always stay away from flames and other heat sources.**
- **Never play with matches and lighters.** (Matches and lighters should always be kept up high, out of reach of children.)
- **Stop-drop-and roll**, parents should practice this technique with children often.
- **Call 911** in case of an emergency.

When Preparing Meals

- **Never** allow children to stand on a chair and help you cook. They could fall on the hot stove.
- **Never** pass hot food or drinks over children. You may accidentally spill something or a child may reach up and knock it from your hands.
- **Never** leave hot drinks unattended. A small child may try to copy you and drink from the cup.
- **Always** turn pot handles toward the back of the stove.
- **Always** keep a box of baking soda handy when cooking with grease. Baking soda safely puts out grease fires. **Never** use water – water will only spread the flames.
- **Always** test the temperature of food before serving.
- **Always** follow package directions closely when preparing food in a microwave
- If something on the stove catches fire, **don't** pick up the pan and move it. **Do** put the lid on the pot to smother the flames.

When Bathing Young Children

- **Never** allow children to run their own bath or shower water.
- **Never** leave a young child alone in the tub. A child could turn on the hot water and seriously burn themselves.

- **Always** test water temperature with your hand or a bath thermometer **before** letting a child get in a tub. If the water feels too hot, add cold water, mix well and retest water temperature.

Sleepwear Guidelines

- Flame resistant or 100% polyester garments are the safest sleepwear option. They decrease the fire risk.
- Tight-fitting (skin tight) garments that are not flame resistant also reduce the fire risk, but are not the preferred option.
- Never allow your child to sleep in large, roomy T-shirts or other loose-fitting clothing. Loose-fitting clothes are dangerous for children to wear as they are extremely flammable.

If your child's clothes catch on fire

- Stop – drop – and roll.
- Remove clothing from the burned area. If the material sticks to the skin, cool it, and leave it alone.
- Call 911 or other emergency number.
- Seek medical attention.

If your child is burned

- Cool the burned area with cool (not cold) water. **Never** put ice or cold water on a burn. That can make the burn worse.
- Cover the burn with a clean, dry cloth.
- Keep the child warm and calm
- Call 911 or other emergency number.
- Seek medical attention.

If a Fire Breaks Out

- **Stay calm.** You are in charge and need to think clearly in order to help the children.
- **Get the children out of the house immediately.** Don't try and fight the fire.
- Close the door as you leave.
- Take the children to a neighbor's house and then call the fire department.