

IN A MEDICAL EMERGENCY CALL TRIPLE ZERO (000) FOR AN AMBULANCE

BURNS AND SCALDS: FIRST AID

1. Place the burn area under cold running water immediately for at least 20 minutes. If the burn is larger than a 20 cent coin, see a medical professional.
2. If possible, remove any items that may prevent swelling to the burnt area, for example, jewellery or watches.
3. Place a clean, sterile dressing over the burnt area.
4. If required, check an ambulance has been called and ensure that the accident has been reported to the correct individual.

DO NOT

- Panic.
- Attempt to remove anything directly sticking to the burn. Seek medical attention.
- Apply any lotion/ointment to the affected area.
- Touch or place anything other than a sterile dressing on the burn.
- Burst any blisters that may form on or around the burn.

AFTERCARE

- Follow all self care instructions received by a medical professional.
- If antibiotics are prescribed, ensure you take the full course to reduce the risk of infection.
- Avoid getting your dressings wet.
- If you experience any unusual symptoms, see a medical professional.

When providing first aid always remember **DRS ABCD:**

**Danger > Response > Send for help > Airway >
Breathing > CPR > Defibrillation**