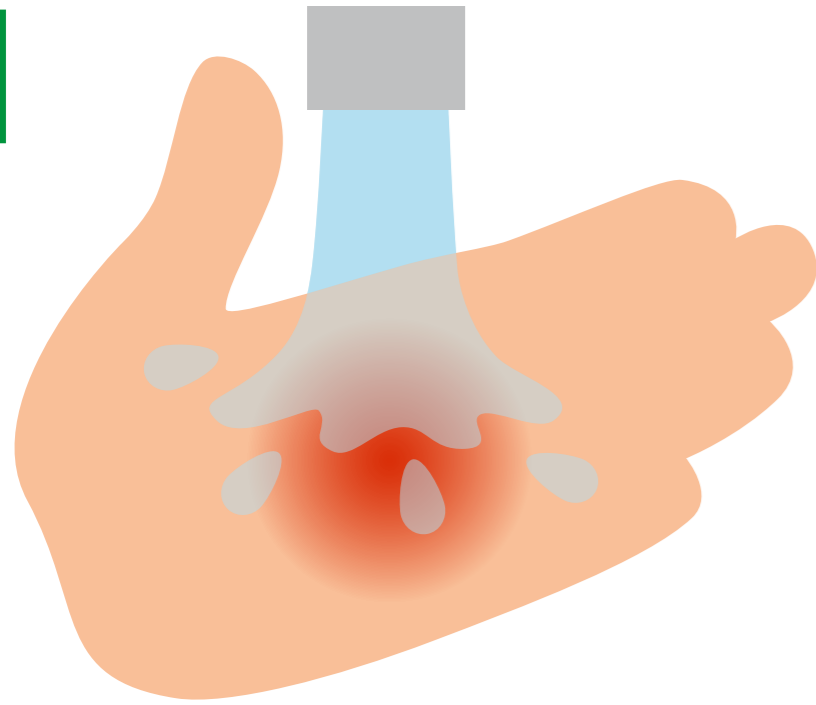


First aid for burns: what to do

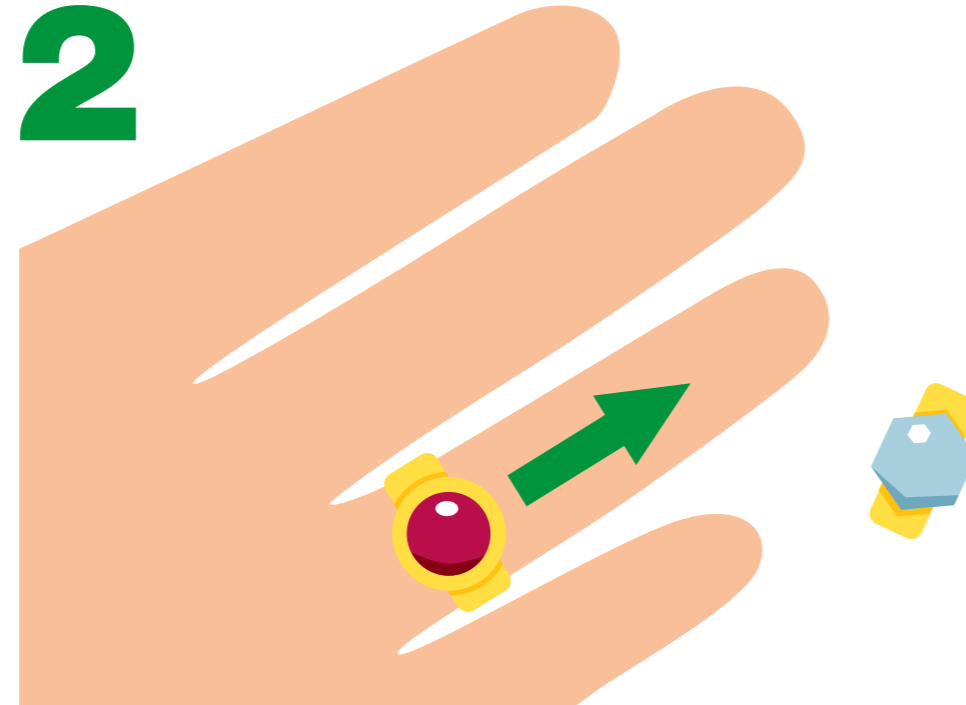
If available, use a gel-based burn dressing and skip straight to step 5. If not, start from step 1.

1



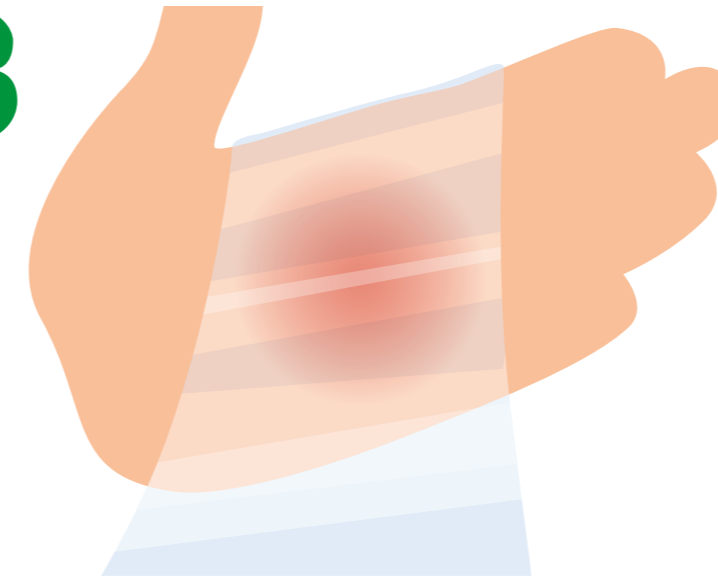
Cool with cold, running water for **20 minutes**.

2



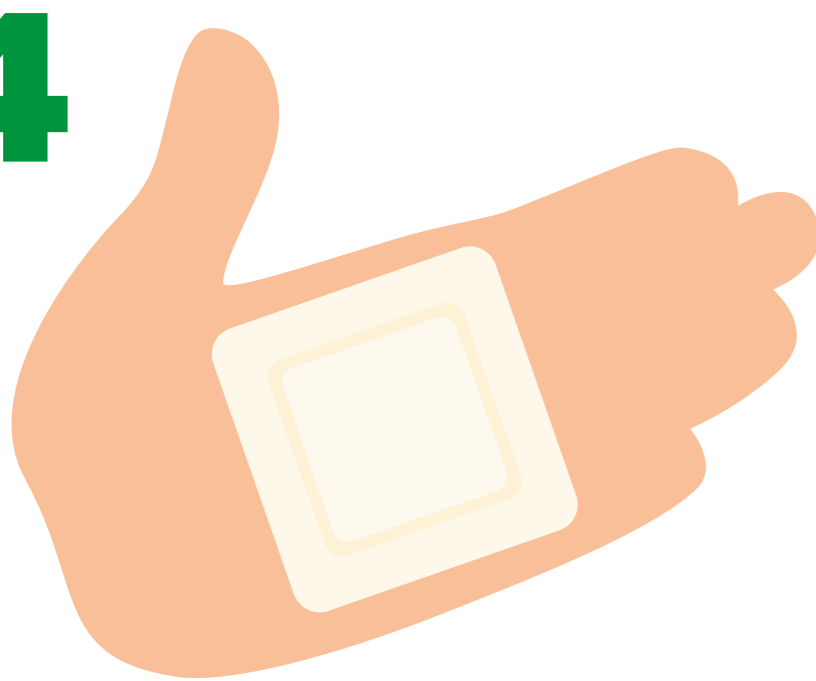
Remove **jewellery** that may constrict the area as it swells.

3



Once cool, lay kitchen film **lengthways** over burn - **not around the limb**, in case of swelling. Alternatively, place a clean plastic bag over a foot or hand.

4



If you do not have these, use a **sterile** or **clean non-fluffy** dressing.

5



Reassure the casualty and **seek medical advice** if appropriate.

6

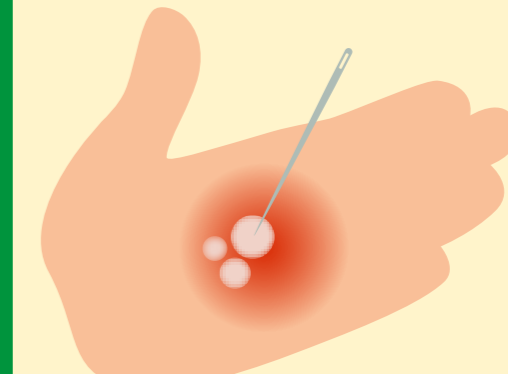


In a severe burn call the **emergency medical services** as soon as possible.

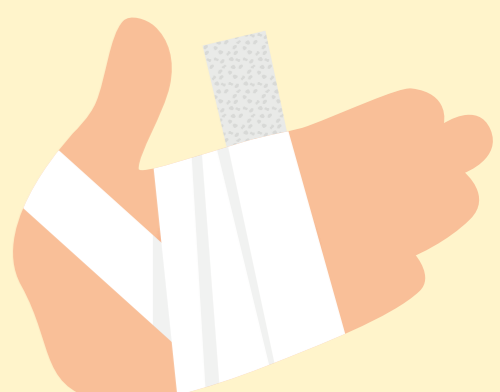
Do not:



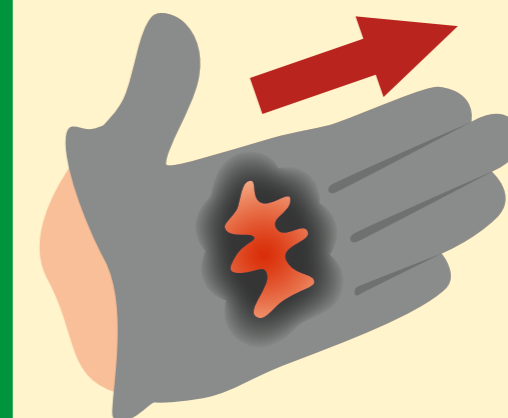
Use ice



Burst blisters



Apply dressings that may stick



Remove clothing stuck to the skin



Apply any lotions or creams