

In the Valley, Burns Aren't Just From Flames

Protect Yourself & Others From
Contact Burns



What Are Contact Burns?

Contact burns occur when skin comes in contact with a **hot object or surface.**



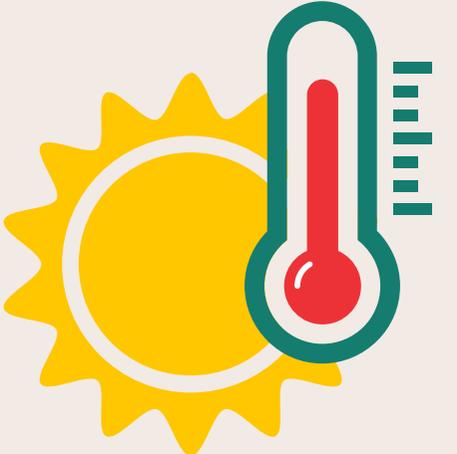
They are the **third most common** cause of burn-related injuries.

Who is Most at Risk of Obtaining Contact Burns?

- Seniors
- Children
- Outdoor Workers
- Non-Locals and Visitors
- Individuals Experiencing Homelessness
- Those with Neurological or Cardiac Conditions
- Pets



What is Heatstroke?

A stylized illustration of a bright yellow sun with rays on the left and a red thermometer with a white scale on the right, both enclosed in a teal outline.

Heatstroke is a systemic **disease** that affects the **whole body's** central nervous system, including the brain, kidneys, liver, lungs, hearing, etc.

It can happen **fast**, especially if someone is dehydrated or unable to move away from the heat.

The **Connection** Between

Contact Burns and Heatstroke

Contact burns and **heatstroke** often go hand in hand.

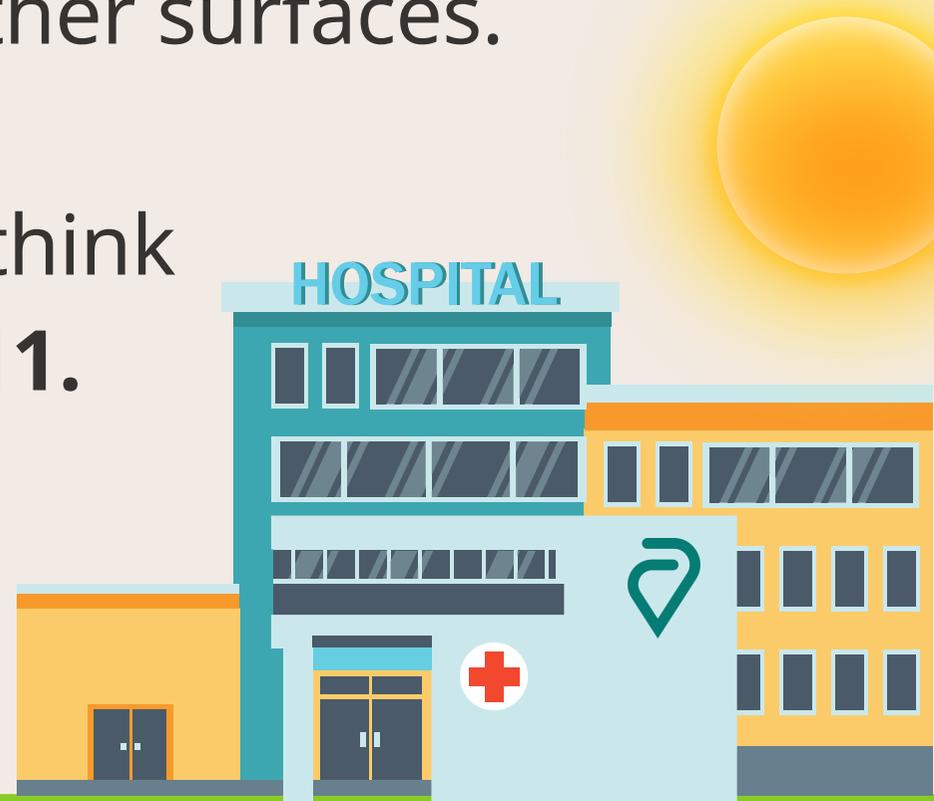
The **danger** of contact burns isn't **just** the initial injury - it's **how long** someone stays on a **hot surface**.

Prolonged contact raises **internal body temperature**, which can lead to **heatstroke**.



Don't Wait to Seek Care

- Even small burns can be **deeper than they appear**. Delaying care can lead to **serious complications and damage**.
- Seek medical care **immediately** if you, or someone you know, has **suffered burns** from hot pavement or other surfaces.
- When in doubt or if you think a life is in danger, **call 911**.



Burn injury care you can trust.

*The Diane & Bruce Halle Arizona
Burn Center - Valleywise Health*

Burn Center: 602-344-5726

If you are experiencing a medical emergency, call **911**.