

# In the Valley, Burns Aren't Just From Flames

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Protect Yourself & Others From  
**Contact Burns**



# What Are Contact Burns?

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**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?

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





# What is Heatstroke?



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**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

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

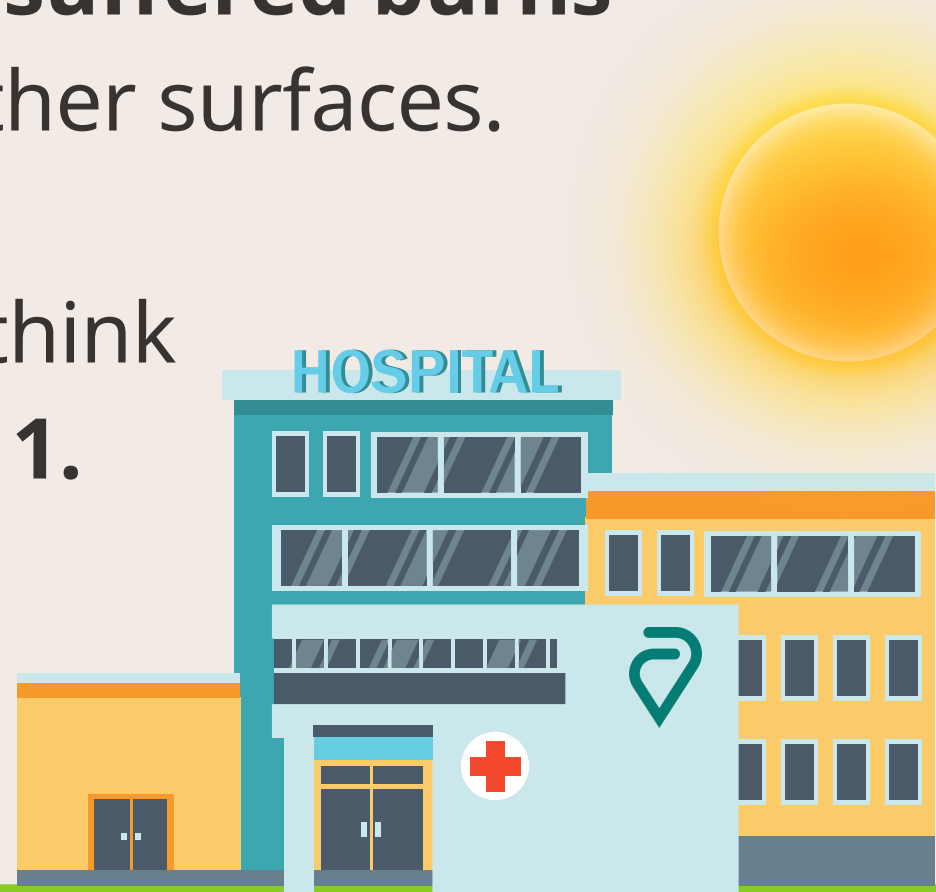
The **danger** of contact burns isn't **just** the initial injury - it's **how long** someone stays on a **hot surface**.

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**.