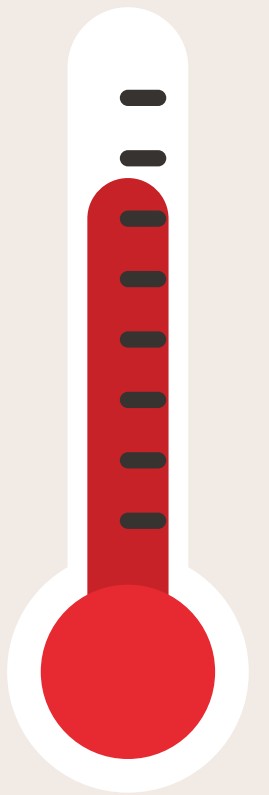


5 Tips to Prevent Contact Burns



1

Footwear First

- Avoid walking barefoot or in flimsy shoes on **hot surfaces** like asphalt or concrete.
- Wear **sturdy, protective** footwear - even at the pool.
- **Pets' paws** can burn, too!



2 Fall Safety

- **Seniors**, especially those with **neurological or cardiac conditions**, are prone to falls onto hot pavement.
- Anyone with a history of **falls** should keep a **towel or blanket** in their car that can be rolled underneath them if they fall and are unable to get up.



3 Hot Car Hazards

- **Never** leave your child or pet in a car. Even short intervals of time in a hot car can be **dangerous**.
- **Door handles** and **seatbelts** can cause serious burns within seconds. Use a cloth, towel, or sleeve when handling.

In **100°** weather, internal temperatures in a car can reach **119°** in just **10 minutes!**



4 Stay Away, Stay Safe

- Keep yourself and others - especially children and pets - **a safe distance from hot areas** and items like grills, stovetops, and fire pits. **Never** leave them unattended.
- Always use **caution** when handling hot objects or cooking equipment - use **protective gear** like oven mitts or grilling tools with long handles.





5

Know Before You Go

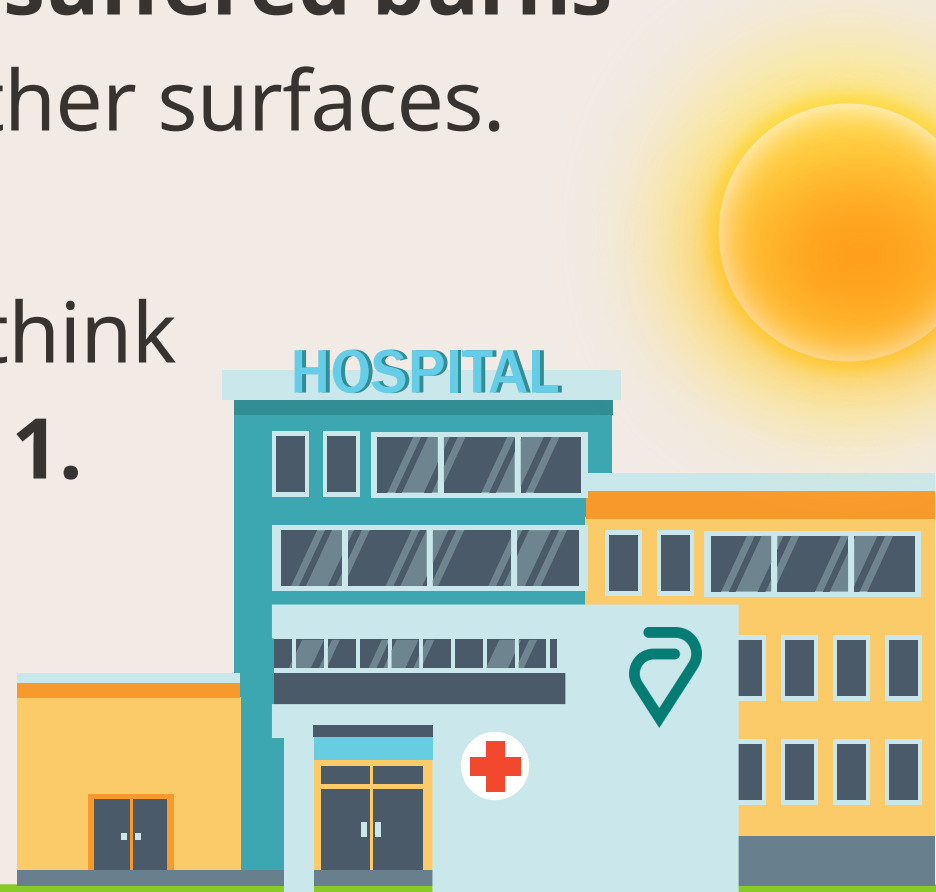


- **If you don't have to go out, don't** – especially in the afternoons or in direct sunlight.
- If you must go out, wear **protective clothing, a hat, and sunscreen**. Be sure to bring **water** and **stay hydrated!**
- **Don't** go out **alone**. If you must go alone, **let someone know** where you are going and when you will be back.



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**.