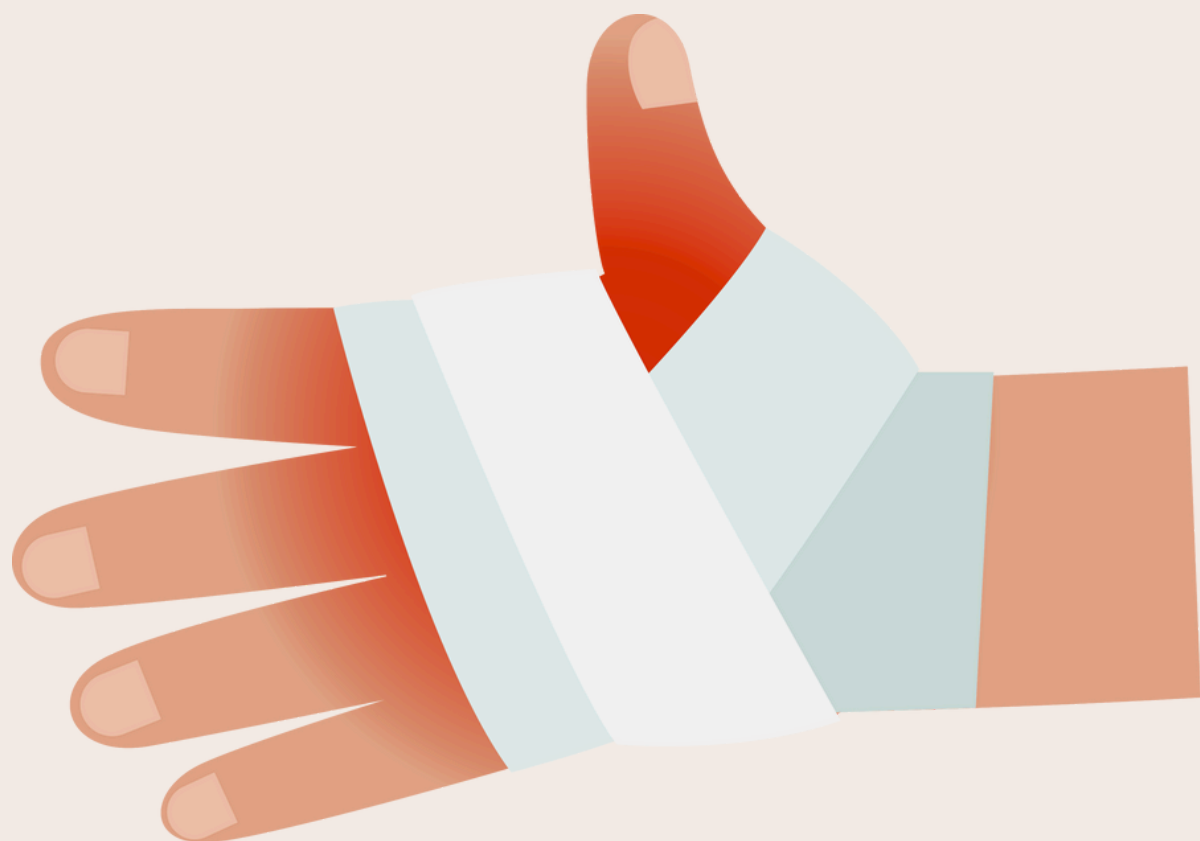


Act Fast!

Initial First Aid Steps for Minor **Contact Burns**



Get Away from the Heat Source



If it's safe, **quickly** and **gently** move yourself or the person away from the hot surface to **stop the burn** and prevent further skin damage.



Cool the Burn 2

Immediately run **cool (not cold) water** over the burn for **10–20 minutes**. This helps reduce pain, swelling, and skin damage. No access to running water? Use a clean, cool, wet compress.

Do **not** apply ice, butter, or home remedies - they can worsen the injury.



Assess the Burn 3

Check the area to determine if the burn is **minor**. Minor burns usually have mild redness, pain, and swelling.

If the burn is large, deep, or appears white, charred, waxy, leathery, or translucent - or if there are blisters or no feeling when the area is touched - seek medical care immediately, as these indicate a more serious injury.



When in doubt, call 911 - it's better to be safe.

Remove Tight Items

4

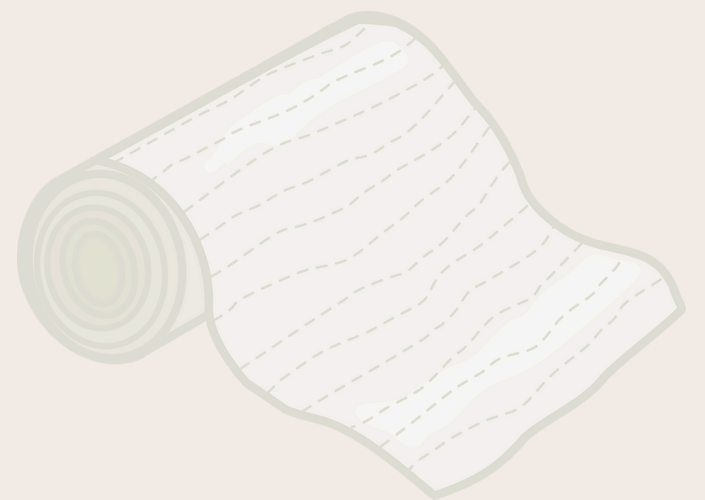
Remove any **rings, jewelry,**
or tight clothing near the
burned area as soon as
possible, before swelling
begins.



Cover the Burn 5

Use a **clean, non-stick** bandage or cloth. Keep it **loose** to avoid pressure on the burned skin.

Change the bandage **daily** and keep the area **clean and dry**.



Relieve Pain 6

Over-the-counter medications like ibuprofen or acetaminophen can help **reduce pain and swelling.**

Always follow the label directions and consult with your doctor as needed.



Monitor for Signs of Infection



Watch for **redness** spreading,
increased **pain, pus, or fever.**

Signs of infection usually manifest
several days after injury.

If any of these occur, seek
medical care immediately.



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**.