

## Fast Facts

### Burns

- Happen when tissues are damaged due to contact with chemicals/flames/electricity, scalding, overexposure to the sun/radiation, or smoke inhalation
- One of the most common household injuries in children
- Damage is characterized into four different types, or degrees
- Degree doesn't depend on the cause

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>First:</i></p> <ul style="list-style-type: none"> <li>-Red, non-blistered skin</li> <li>-Pain in the area</li> <li>-Minimal inflammation/swelling</li> </ul> <p><i>Second:</i></p> <ul style="list-style-type: none"> <li>-Extremely red skin</li> <li>-Blisters</li> <li>-Sore</li> <li>-Thick, soft, scab-like tissue will cover the area</li> </ul> <p><i>Third/Fourth:</i></p> <ul style="list-style-type: none"> <li>-Waxy/white, charred, dark brown, or raised/leathery skin</li> <li>-No Pain</li> </ul>	<p><i>Minor:</i></p> <ul style="list-style-type: none"> <li>-Cool the area by running cool (not cold) water over it or apply a cool, wet compress</li> <li>-Remove rings or other tight items area at or below the burn area</li> <li>-Apply aloe vera, moisturizer, or honey once area completely cooled.</li> <li>-Don't pop blisters (if they open on their own, clean with mild soap and water and apply antibiotic ointment)</li> <li>-Take over-the-counter pain relievers (ibuprofen, naproxen, or acetaminophen)</li> <li>-For sunburns, avoid exposing the area to direct sunlight</li> </ul> <p><i>Severe:</i></p> <ul style="list-style-type: none"> <li>-Remove the person from further harm (if you can safely do so)</li> <li>-Make sure person is breathing (if not, begin rescue breathing)</li> <li>-Remove all restrictive items (ex. jewelry and belts)</li> <li>-Cover the burned area with a cool, moist bandage (don't submerge the area in water) and elevate the area above the heart</li> <li>-Monitor the person for signs of shock (fainting, pale complexion, and shallow breathing)</li> </ul>	<p><i>Cooking:</i></p> <ul style="list-style-type: none"> <li>-Keep children out of kitchen</li> <li>-Make sure pot handles are turned toward the back of the stove</li> <li>-Have a fire extinguisher in or near the kitchen</li> </ul> <p><i>Other Tips:</i></p> <ul style="list-style-type: none"> <li>-Keep your water heater temperatures under 120°F (most have a max temperature of 140°F)</li> <li>-Always measure the water temperature before you or your children shower or take a bath.</li> <li>-Places covers over electrical outlets</li> <li>-Regularly check electrical cords for exposed wires (dispose of any damaged ones)</li> <li>-Keep electrical cords out of reach of children</li> <li>-Unplug any appliances that you're not using</li> <li>-Clean out dryer lint traps regularly</li> <li>-Keep matches, lighters, and chemicals out of reach of children</li> <li>-Wear gloves when using any chemicals</li> <li>-Test smoke detectors once a month and replace them every ten years</li> <li>-Wear broad-spectrum sunscreen (SPF of 30 or</li> </ul>

		higher) every day and avoid peak sunlight -Develop a fire escape plan and practice it with your family once a month (if there is a fire, crawl underneath smoke)
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