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How to Care for Burns and Scalds



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What is a Burn ?

A burn is an injury to the skin from heat, electricity, flames, sun exposure, heated objects or dry heat from chemicals.

What is a Scald ?

A scald is a burn to the skin from hot liquids or steam.

Types of Burns

First-degree burns :

They affect only the outer layer of the skin, causing redness and severe pain.

Second-degree burns :

They affect both the outer and underlying layer of skin, causing blisters, redness and swelling.

Third-degree burns :

They extend into deeper tissues, causing white or blackened, charred skin that may be numb to pain.

Home Care for Minor Burns and Scalds



1. Calm and reassure the person



2. Run cool water over the area of the burn or soak it in a cool water bath for 10 minutes



3. Remove clothing or accessories that are close to the burn before swelling



4. Cover and wrap over the burn with clean or sterile dressing (non-woven)



5. Get medical help from a nearby hospital.

In Case of Burns or Scalds,

- DO NOT apply woven dressing or sticky bandage to a burn.
- DO NOT apply ointment, Vaseline, toothpaste, cream, oil or any household remedy to a burn.
- DO NOT break the blisters to prevent wound infection.
- DO NOT apply ice to a burn. This can cause damage to the skin tissues.
- DO NOT tear off the clothing from a burn. This can cause damage to the skin and wound infection.