

First Aid For Burn

1. Figure Out the Burn

First Degree Burn(Minor)

It is Red and painful but has no Blisters



Second Degree Burn (Moderate)

Red and has blisters



Third Degree Burn(Severe)

It is charred or white and may not hurt



2. Take Care of the Burn according to the Severity

If you have a First-Degree:

1. Use cool running water on the burnt area for 10 minutes
2. Wash your hands to avoid infections
3. Use a non-stick bandage

If you have Second-Degree

1. If the burned area is larger than 3 inches or on genitals, hand, face or major limb seek emergency services in any way possible immediately
2. Gently run cool (NOT COLD) water over the burn for 10-20 minutes.
3. Remove any tight items around the burned area
4. Wash your hands using Mild Liquid soap
5. Avoid popping any blisters if it is on your skin AVOID applying butter, oil or ice
6. If you feel weak or see redness seek medical services

If you have Third-Degree

1. If possible call emergency services or signal for help in any way possible, AVOID touching the burn
2. Don't remove clothing if it's stuck on the burn, if it is not stuck gently remove it
3. Cover the burn using a clean loose cloth or sterile bandage
4. Raise the burned area above heart level

3. Keep Taking Care of The Burn

If you have a First-Degree:

1. Make sure the burn is cleaned everyday using Mild Liquid soap
2. Place another non-stick bandage daily if the old one is wet or dirty
3. AVOID Sun Exposure so the burned skin doesn't get more damaged

If you have Second-Degree

1. Protect the burned area from sunlight
2. Avoid scratching the burned area
3. If the skin doesn't seem to heal after two weeks or looks infected, see a doctor

If you have Third-Degree Burn from Chemicals

1. If possible call emergency services or signal for help in any way possible. Bring container that has the chemical if possible
2. Wear protective gloves if possible and brush off any dry chemicals.
3. Then flush the area using cool water for at least 15 minutes.
4. If the chemical touched any clothing or jewelry remove it
5. If the burnt area starts to hurt again, repeat flushing with cool water.