



Name of Child: _____ Date: _____

Burns First Aid

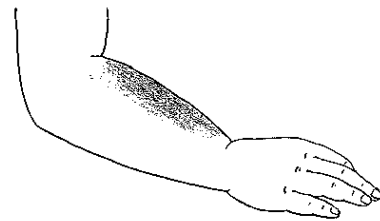
What is it?

A burn is a skin injury caused from hot solids, hot liquids, hot gases, electrical shock, flames, or chemicals. If you want to read about burns caused by the sun, see Sunburn.

Signs:

First degree burn:

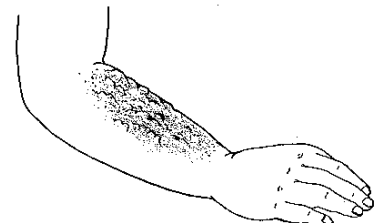
- Redness and pain of the skin
- Sometimes slight swelling



first-degree burn

Second degree burn:

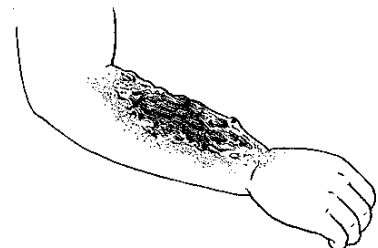
- Deep redness of the skin
- Quite painful
- Blisters may form
- Skin may be shiny
- Some clear fluid may leak out



second-degree burn

Third degree burn:

- A deep tissue injury
- Skin is all gone
- The edges of the burn are white and black (charred).
- Skin can bleed
- Usually painless

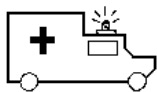


third-degree burn

Do at home:

- Take clothes off your child's burned area. If clothes stick to the burn, do not try to remove them.
- If your child is not burned on the face, place the burned area in a tub or pot of cold water. If you and your child are outside, do not wait to get to the kitchen or bathroom. If the water from the garden hose is cool, hose the child's burn.
- Keep the burn in cold water for 10 minutes or longer until the pain is gone. This will keep the burn from going deeper in the skin. It will also relieve most of the pain.
- If your child has been burned by a chemical rinse with cold water for 20 minutes. Don't rub the skin while you rinse.
- If the burn is only red with no blisters, put lotion or aloe vera gel on it.
- If the burn has blisters:
 - Wash it gently with liquid soap.
 - Put antibiotic ointment (like Polysporin) on the burn.
 - Put a non-stick bandage (like Telfa) pad over the burn. Keep it on with tape or a roll of gauze.
 - Change the bandage pad once a day.
- If your child has pain, you may give acetaminophen (such as Tylenol) or ibuprofen. Read the package or call your pharmacist to find out how much to give.

CALL
911



Call 911 when:

- There are deep burns larger than a quarter. Your child may need skin grafts. Cover the burns with a clean wet cloth or plastic wrap. If you need a large cloth, use a wet sheet. Wait for the ambulance.
- Your child has blistering burns over a large area.
- If your child's nose or throat may have been burned or your child was breathing in smoke.



Call the doctor or clinic if:

- **The skin is gone in the burned area (third degree burns).** This needs a doctor's treatment. Cover the burn with a clean wet cloth or plastic wrap and take your child to the doctor right away.

- Your child had a chemical burn or an electrical burn. Call the doctor after you cool down the burn in cool water.

- Your child has a deep red burn (second degree burn) that is larger than your child's hand. It can be on any part of the body.

- Your child has a deep red burn (second degree burn) on the face, hands, feet, or private area. These parts of the body can get infected easily. Your doctor may give you special instructions to care for the burn.

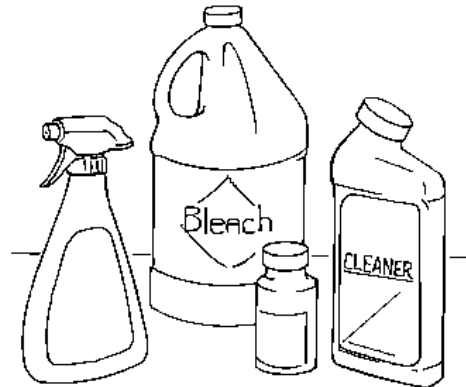
- Your child has any burn over large areas of arms, legs, trunk, or whole face and neck.

- The burn breaks the skin. The doctor may decide your child needs a tetanus booster if he or she has not had a shot in 5 years.

- Your child has signs of infection, such as:

- unburned skin around the burn turns red
- pus
- the burn smells worse
- your child has a fever over 101.5° F.

You may not see signs of infection until one or two days after the child was burned.



Call the doctor or clinic if your child was burned by chemicals or electricity.

You should know:

- Do not use cotton balls or other lint materials on the burn.
- Never put butter on a burn.
- Do not break blisters. Skin heals from the inside, and the blister protects the new skin.
- Infants have thinner skin, so they burn easily.
- The #1 cause of burns in children is hot liquids.
- 75% of all burns can be prevented. Here are some ways to prevent burns:
 - Never hold a cup of hot liquid and a child at the same time.
 - Use back burners on the stove. Turn pot handles in.
 - Keep the temperature of your hot water heater at 120 degrees.
 - Before you place your child in a tub of water, make sure the water isn't too hot.
 - Always watch your child in the bath.
 - Don't let young children touch the faucet.
 - Keep children away from candles, fireplaces, and space heaters.
 - Always buy flame-resistant pajamas.
 - Keep matches and lighters out of children's reach.
 - Make sure your home has working smoke detectors.
 - The metal parts of car seats can burn a baby's skin. Always touch the metal parts of the car seat to see if they are too hot before you put your infant or child in. When the car is parked in the sun, cover the seat with a towel.



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital:
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, June 16, 2011 • DRAFT in family review
#639 • From Do At Home or Call the Doctor; updated by Eileen Mitchell, MN, RN
• Illustrated by Dennis Swain



The Emily Center

Burns First Aid

First Aid and Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 639
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN
Health Education Specialist
The Emily Center
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016

602-546-1395

flondon@phoenixchildrens.com

Thank you for helping us!