

Prevent Scald Burns

A **scald** is a burn caused by hot liquid or steam. Scald burns are a leading cause of burn injuries and can happen at any age. Children, older adults, and people with disabilities are especially at risk.



Create a "no-kid" zone

- Keep children at least **3 feet** away from hot items



Set it or them down

- Never hold a child while cooking, carrying, drinking, or holding hot liquids



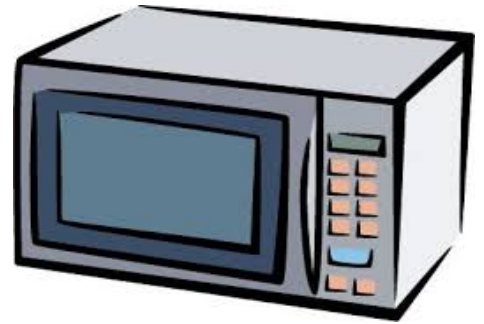
Push it back

- Move hot items and face pot handles away from edges of counters or tables



Test the water

- Set your water heater to 120° or lower.
Prior to bathing, always test baby's bath water with your elbow.



Microwave Tips

- Open microwaved food slowly and away from you
- Allow microwaved food to cool before eating
- Pour microwavable soups into traditional bowls after heating

How to Treat Minor Burns

1. **Cool the Burn** - Run cool water over the burn until the pain stops
2. **Bandage the Burn** - Cover the burn with a sterile, gauze dressing (avoid loose cotton). *Bandaging keeps air away from the area, reduces pain, and protects the skin.*
3. **Do Not Apply Any Treatment** - Never use ointments, lotions, or antiseptics of any kind
4. **Do Not Intentionally Break Any Blisters** - Blisters protect against infection. *If a blister does break, clean the area with water.*
5. **Seek Medical Assistance** - Look for signs of infection, such as oozing from the wound, increased pain, redness, and/or swelling.