

Helping someone who has a:

## Burn

Key action:  
**Cool the burn.**



**Recognise  
what to do:**

The person has redness and severe pain after coming into contact with something hot.

**Steps to take:**

Cool the burn with cold running water for at least ten minutes.

Call 999 if the burn is severe or a child has been burned.

After the burn has been cooled, cover it with cling film or a clean plastic bag if available.

**Supporting knowledge:**

Cold running water will take the heat out of the burn; this can reduce pain and the risk of scarring.

If you don't have cold water, use any cold harmless liquid such as milk, orange juice or fizzy drink.

A plastic covering like cling film helps to prevent infection. They also reduce pain by preventing air getting to the burned area.