

JUNE

NATIONAL BURNS AWARENESS MONTH

PREVENTION & FIRST AID TREATMENT FOR MINOR BURNS



PREVENT

Take action to prevent burns and scalds to yourself and others



REMOVE

Remove yourself from danger and remove any clothing or jewellery unless stuck to the skin



COOL

Place the burn under cool running water for 20 minutes



COVER

Cover the burn with a clean dressing



SEEK

seek medical attention if the burn is on the face, hands, lap or feet, is bigger than a 20 cent piece or is blistered