

JUNE

NATIONAL
BurnsAwareness
MONTH

First Aid Treatment for Minor Burns



REMOVE

- Remove yourself out of any danger
- Remove any clothing / or jewellery from burn area to allow effective cooling of the burn



COOL

- **Cool the burn under cool running water for 20 minutes**
- Consider immersion or wet towels if running water unavailable
- If water is not available use a hydrogel
- Do not use ice, butter, toothpaste, creams or ointments as these may make the burn worse



COVER

- For minor burns cover with a hydrogel, such as Burnaid®, to help relieve the pain
- Cover with a clean dressing

Seek medical assistance if clothing is stuck to the burn site or if it is larger than the palm of your hand.

National Burns Awareness Month is brought to you by the **Julian Burton Burns Trust** with the support of **Burnaid®**.

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Always seek medical assistance for more serious burns. Burnaid is for the first aid treatment of minor burns. Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. © BURNAID is a registered trade mark.

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