INITIAL FIRST AID TREATMENT
Seek medical attention as soon as possible

DO'S

• Stop the burning process: cool the burn with running cool (not cold) water for at least 5 minutes. But do not use ice, as this may cause further skin damage. Do not over cool! If victim starts to shiver, stop the cooling process.
• Remove all jewelry, watches, rings, and clothing around the burned area as soon as possible.
• Administer an over-the-counter pain reliever such as ibuprofen or acetaminophen for pain control. Follow the directions on the label. Consult a physician or health care provider if pain is not relieved.
• Cover the burn with a sterile gauge bandage or clean cloth. Wrap the burned area loosely to avoid putting too much pressure on the burn tissue.
• Minor burns will usually heal without further treatment.
• For small area burns, apply soothing lotions that contain aloe vera to the burned area to help relieve the pain and discomfort.
• Seek medical attention if there is a persistent fever not relieved by medication or redness that may extent beyond the border of the burn or pain is not controlled by ibuprofen or acetaminophen.
• Drink plenty of fluids (electrolyte containing solutions such as Gatorade) if the person appears to be dehydrated.

DON'TS

• Do not apply ice — this may cause further damage to the skin.
• Do not use any butter, ointments, or other home remedies on the burn. Such substances may trap the heat in the tissue and makes the burn worse.
• Do not break any blisters—leave intact.
• Do not delay seeking medical attention if the burn is larger than the size of the victim’s palm.