

First Aid for Minor Burns



INITIAL FIRST AID TREATMENT

Seek medical attention as soon as possible

TIPS

- Stop the burning process: cool with burn with running cool (not cold) water for at least 5 minutes. Sterile water not necessary.
- Remove all jewelry, watches, rings, and clothing around the burned area as soon as possible.
- Administer an over-the-counter pain reliver 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 gauze 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 a small area burn (less than 1% or the size of the person's hand), apply soothing lotions that contain aloe vera to a 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 extend 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.

FACTS

- Do not apply ice—this may further damage to the skin. Do not over cool! If victim starts to shiver, stop the cooling process.
- 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. Blisters may rupture over time—this is normal.
- Do not delay seeking medical attention if the burn is larger than the size of the victim's hand.



**BURN
PREVENTION**

American Burn Association
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**Improving the lives of those
affected by burn injuries**