 IF YOU GET BURNED

1. First GET AWAY from the heat source.

2. Run COOL WATER slowly over the burn area for several minutes.

3. COVER the burn with a clean, dry cloth or bandage.

GET MEDICAL HELP IMMEDIATELY

› IF the burn covers a large body area.
› IF the burn is on the face, eyes, hands or feet.
› IF the burn causes extreme pain or numbness.
› IF you breathed in smoke.
› IF the burn produces blisters.
› IF chemicals or electrical shock caused the burn.

WARNING!

› DO NOT apply ice or ice water.
› DO NOT apply butter, first aid creams, sprays or home remedies.
› DO NOT try to remove clothing or dirt stuck to the burn.
› DO NOT break a blister unless told to do so by a doctor.