

## How To Treat A Burn

(Written by Rachita Rajesh)

There are two types of burns:

### 1. Major Burns

How do you identify a major burn?

- They are **deep**.
- They cause skin to be **dry** and **leathery**.
- They occur in **large areas**.

How do you treat a major burn?

- Contact **emergency services**.
- Use a **cool, moist bandage/clean cloth** to cover the burn
- **DO NOT** immerse severe burns in water.
- Watch for signs of **shock** such as **fainting, pale complexion, or shallow breathing**.

### 2. Minor Burns

How do you identify a minor burn?

- Superficial **redness**
- **Pain**
- **Blisters**
- **Small Area**

How do you treat a minor burn?

- Hold the burned area under **cool running water** (not cold).
- **Remove tight items** from the burned area.
- **Apply lotion** – once the burn is completely cooled.
- **Bandage** the burn with a **sterile gauze** bandage (not cotton), but wrap **loosely**.
- If needed provide an over-the-counter **pain reliever**.
- **Do not** break blisters – they protect against infections. If a blister breaks, **clean** the area with water and apply **antibiotic ointment**.