

JUNE

# NATIONAL BURNS AWARENESS MONTH

## PREVENTION & FIRST AID TREATMENT FOR MINOR BURNS



### PREVENT

Take action to prevent burns and scalds to yourself and others



### REMOVE

Remove yourself from danger and remove any clothing or jewellery unless stuck to the skin



### COOL

Place the burn under cool running water for 20 minutes



### COVER

Cover the burn with a clean dressing



### SEEK

seek medical attention if the burn is on the face, hands, lap or feet, is bigger than a 20 cent piece or is blistered