# National Burns Awareness Month



## 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 dresing.



#### Seek

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





