

# 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 dressing.



## Seek

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