



Burns

Burns can come from many sources and range in severity. It is important to understand the severity of the burn to seek the correct treatment to prevent infection and long-term damage.

Types of Burns

- Thermal (ex. touching something very hot)
- Cold (ex. frostbite)
- Electrical (ex. touching an electrical current)
- Friction (ex. hard object rubs off skin, such as a motorcycle accident/carpet burn)
- Radiation (ex. sunburn)
- Chemical (ex. strong acid, solvent, detergents)

Degrees of Burns

- Superficial/ First Degree: These burns only cause damage to the top layer of skin and are minor burns that usually can be treated at home. Symptoms:
 - Redness/ red tinge (depending on skin coloration)
 - Swelling at the burn site with minor pain
 - The skin will typically start to peel while it is healing.
- Partial Thickness/ Second Degree: These burns affect the first two layers of skin, called the epidermis and dermis. Symptoms:
 - Discoloration
 - Blistering
 - Very painful
- Full Thickness/ Third Degree: These burns destroy all layers of the skin, including nerve endings, so the patient will not have feeling. Symptoms:
 - The area around the burn might still be very painful
 - No pain at the burn site
 - Skin may be charred, may look black or ashen and grey.
- Fourth Degree: These burns are very uncommon and are severe. They extend past all the layers of the skin and damages muscles, nerves, bone, and other deep tissues. Symptoms:
 - Charred skin or white color
 - May see exposed bone or muscle
 - This is a medical emergency



Burn Care First Aid

When should I go to the hospital?

Call 911 or seek immediate medical attention if any of the following are true

- A partial-thickness or full-thickness burn that's on your eyes, ears, face, hands, feet or around your genitals
- If the burn starts oozing fluid or has a foul smell to it
- If you have symptoms of an infection, like a fever, swelling around the burn, dizziness, or the skin around the burn is warmer to the touch

Major Burns

- **Call 9-1-1** and seek immediate medical attention and treatment
- Always make sure the area is safe and free of hazards before responding
Ex. If the patient was injured by an electrical source, make sure that the power is turned off.
- Remove jewelry, belts, and any other tight items, especially around the burn area.
- Burn areas will swell. If the clothing is stuck to the area, **DO NOT** pull it off.
- Cover the burn loosely with a clean cloth.
- Watch for symptoms of shock.

Never break burn blisters.

Minor Burns

- Cool the burn. Hold under **COOL** water for about 10 minutes. If you cannot hold under water, apply a cool cloth.
- Remove jewelry, belts, and any other tight items, especially around the burn area.
- Burn areas will swell. If the clothing is stuck to the area, **DO NOT** pull it off.
- Apply burn lotion (such as aloe vera).
- Bandage the burn, wrapping loosely.

Skin burn first aid: DOs



Cool the burn



Apply aloe vera



Bandage the burn



Take a pain reliever

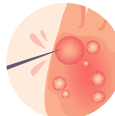
Skin burn first aid: DONTs



Don't use oils



Don't use egg



Don't pop blisters



Don't use ice