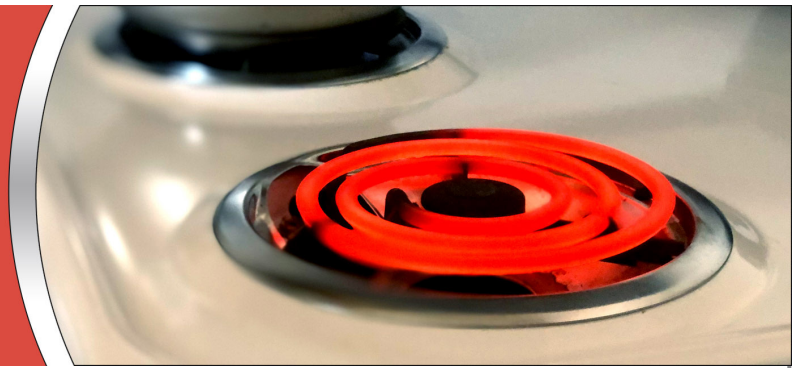


# BURN SAFETY



*A burn is damage to the skin caused by heat. Burns and scalds can occur from certain tools, appliances, hot water, or the sun. Every 60 seconds, someone in the United States sustains a burn serious enough to require treatment.*



*In 2018, roughly 70,000 people went to the emergency room because of contact burns. About one-third of these patients were children under the age of 5.*



**Orange County  
Fire Authority**

**(714) 573-6200**  
[ocfa.org](http://ocfa.org)



## Types of Burns

### First Degree (Minor)

- First degree burns usually result in redness and mild pain.

### Second Degree (Moderate)

- Second degree burns are usually bright red with a moist or blistered appearance.

### Third Degree (Severe)

- Third degree burns usually appear charred or ashen and are black or brown in color.
- These burns can result in devastating injury including the loss of function, loss of limbs, disfigurement, reoccurring infection, and sometimes death.

## How to Treat a Burn

- Turn off the heat source and make sure the surroundings are safe.
- Remove clothing and jewelry near a burn, but do not peel off clothing stuck to the burn.
- Run cool water (not cold or icy) on the burn for 5-10 minutes until the pain subsides.
- Apply an antibiotic ointment or dressing to the burn to keep it moist. Do not use creams or greasy substances like butter, toothpaste, or eggs. These can cause infection.
- Call 9-1-1 if you have a burn that affects your mobility or sensation, for any burn larger than your hand, or if the burn affects the feet, face, eyes or genitalia.

## Burn Prevention Tips

- Create a safety zone of at least 3 feet around hot objects or appliances.
- Do not leave hot objects unattended and unplug tools when not in use.
- Keep hot objects away from counter edges and out of the reach of children.