FIRST AID FOR BURNS

COLD RUNNING WATER

1. Remove
   - Immediately remove any clothing or jewellery in the burnt area

2. Cool
   - Immediately cool the burn under running tap water for 20 minutes
   - Do NOT use ice!

3. Cover
   - Protect the burn by covering loosely with clingwrap or a clean cloth

4. Seek
   - Seek medical attention for all burns to children or the elderly or for adult burns larger than a 50 cent coin

www.coolburns.com.au