

Ask me how to treat a burn or a scald

- 1. Move the person away from the heat**
- 2. Flood the injury with cool or lukewarm water for a minimum of 20 minutes**
- 3. Remove jewellery and clothing around the area, unless stuck to the burn**
- 4. Cover the burn loosely lengthways with kitchen film to prevent infection. Don't burst the blisters**
- 5. If it is serious call 999**

