



# Minor Burn Care

## Burn Service Department

KAISER PERMANENTE SOUTH SAN FRANCISCO  
3rd Floor Medical Office Building  
1200 El Camino Real  
(650) 742-2188

### Immediate First Aid for Burns

**First-degree burns and sunburns:** Use cool cloths on burned areas. Take frequent cool showers or baths. Apply soothing lotions that contain aloe vera to burned areas to relieve pain and swelling. There is not much you can do to stop skin from peeling after a sunburn -- it is part of the healing process.

**Heat burns:** Smother any flames by covering them with a blanket or water. If your clothing catches fire, do not run: stop, drop, and roll on the ground to smother the flames.

**Cold temperature burns:** Warm the affected areas and especially the small areas of your body (ears, face, nose, fingers, toes) that are really cold or frozen by blowing warm air on them, tucking them inside your clothing or putting them in warm water.

**Liquid scald burns:** Run cool tap water over the burn for 10 - 20 minutes. Do not use ice.

**Electrical burns:** Separate the person from the electrical source and check for breathing and a heartbeat. Call 911 if the person is not breathing or does not have a heartbeat.

**Chemical burns:** Natural foods such as chili peppers can cause a burning sensation. When a chemical burn occurs, find out what chemical caused the burn. Call your local Poison Control Center or the National Poison Control Hotline (1-800-222-1222) for more information about how to treat the burn.

**Tar or hot plastic burns:** Immediately run cold water over the hot tar or hot plastic to cool the tar or plastic. Next, look for other injuries. The burn may not be the only injury.

Remove any jewelry or clothing at the site of the burn. If clothing is stuck to the burn, do not remove it. Carefully cut around the stuck fabric to remove loose fabric. Remove all jewelry, because it may be hard to remove it later if swelling occurs.

### Tips for Burn Injury Prevention

The following fire burn prevention tips have been developed in conjunction with the South San Francisco Fire Department:

- Prepare for an emergency by designing an escape plan with your entire family.
- Practice your escape plan at least twice a year with your entire household.
- Keep all exits clear.

- Install smoke alarms on each level of your home and near sleeping areas.
- Test your smoke alarm regularly each month by pushing the "Test Button"
- If your smoke alarm has batteries, replace the batteries at least once a year and replace the entire unit every 8 - 10 years. (If the alarm is chirping, the battery is low and needs changing)

**Senior Citizens:** The South San Francisco Fire Department may install battery-operated smoke alarms in your home at no cost. Please call (650) 829-3950 for more information.

### How to be cautious in the kitchen:

1. Stay in the kitchen while cooking.
2. Place young children in a playpen, infant seat or with another adult away from the kitchen when cooking.
3. Keep stove burners and oven grease-free. Grease build up could catch fire.
4. Keep clutter (dish towels, food wrap, paper towels) and anything that burns away from the stove where burners can ignite them
5. Wear short sleeves and tight fitting clothing while cooking.
6. Cook on back burners when possible.
7. Keep all pot handles turned back, away from the stove edge.

### How to be cautious in your own home:

1. Do not overload extension cords or outlets.
2. Store all matches and lighters up high, out of children's reach
3. Do not allow appliance cords to dangle within reach of small children.
4. Do not eat or drink hot foods while holding a child.
5. Never leave a young child alone in the bathroom or kitchen.
6. Do not place candles near curtains or bedspreads
7. Do not smoke in bed, or when you are sleepy or have been drinking.