

BURN SAFETY



Why We CARE

- 75%** of burns in **children under age 5** result from scalding with **hot liquids, tap water, or steam.**
- 1,742** **Emergency Department visits** for burns occurred in **Georgia** in 2021.
- 243** children in **Georgia** under age 18 were **hospitalized with burn injuries** in 2021.

DID YOU KNOW?



Children under age 4 **do not yet have the mental capacity to know to avoid hot liquids.**

How to PLAY IT SAFE

- **Teach your child the word “hot”** as early as possible.
- **Keep your child away from** anything that could ever be hot to the touch (**heaters, candles, lighters, etc.**).
- **Remove pull-down hazards.** Turn pot handles to the back. Hide electrical cords, hair appliances, etc.
- **Create a No Kid Zone when cooking.** Use baby gates and high chairs. Use only back burners.
- **Heat baby bottles in warm water—not** the microwave, which heats both breast milk and formula unevenly and could scald a baby’s mouth.
- **Avoid carrying or consuming hot foods or liquids** when holding your child.

- **Transfer instant soups** like ramen into sturdier containers to avoid spills.
- Children **under 5 are too young** to use a microwave; children 5 and up can do so only with an adult's help.



Bath Time

- **Set the water heater to 120°F (48°C)** or lower or place **anti-scald devices** on faucets and shower heads.
- **Check bath water temperature** with your wrist or elbow **before** placing a child in bath or sink—**every time!**
- **Never leave a child or baby alone in the bathroom.** If you need to leave even for a few seconds, **take them with you.**



FIRST AID

1. **Run cool (not cold) water over the burn for at least 5 minutes** to stop the burning process. **Do not apply ice!**
2. **Do not break any blisters!** These will heal over time and help prevent infection.
3. **Remove all clothing** and diaper from around the burn; leave any stuck portions.
4. **Cover and protect the burn** with dry, sterile gauze bandage or clean cloth. This keeps the burn clean and reduces pain, and can prevent infection.
5. **Treat the pain** with either acetaminophen or ibuprofen (if older than 6 months).
6. **Do not apply food products** such as butter or mustard, or lotions, oils, or sprays.
7. **Look for these signs of infection** as the burn heals: swelling, pus, increasing redness, or red streaks near the burn. **Contact your pediatrician with concerns.**



SEEK MEDICAL ATTENTION

if a burn is blistering, swollen, and larger than your child's hand or if the burn is on the hand, foot, face, or genitals or over a joint.

Call 911 for electrical burns.

PLAY IT SAFE

with poison prevention, safe sleep, firearms, teen driving, and more with the **Georgia AAP Toolkit—coming soon.**

