For Parents and Caregivers

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 (49°C) or lower or place anti-scap 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.

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.

PLAyy IT SAFE

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

First Aid

For data sources and additional information visit gaaap.org

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