

BURN SAFETY



Why We CARE

32%

increase between 2019 and 2020, attributable in part to the pandemic, when more time was spent **at home, where most burns occur.**

75%

of burns in **children under age 5** result from scalding with **hot liquids, tap water, or steam.**

#5

Fire and burn injuries are the fifth-leading cause of accidental-injury death in **children ages 5 to 19.**

**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

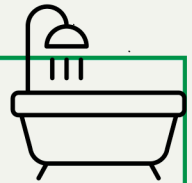
- **Teach your child the word “hot”** as early as possible.
- **Keep your child away from** anything that could ever be hot to the touch (**heaters, candles, lighters, etc.**)
- **Remove pull-down hazards.** Turn pot handles to the back. Hide electrical cords, hair appliances, etc.
- **Create a No Kid 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.
- **Forbid children under 5** from using the microwave without an adult to 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 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, reduces pain, and can prevent infection.
5. **Treat the pain** with either acetaminophen or ibuprofen (if older than 6 months).
6. **Do not apply butter, lotions, oils, or sprays** to the burn.
7. **Look for these signs of infection** as it heals: swelling, pus, or 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 at gaaap.org/toolkit

