

Burns & scalds

One number decides how well a burn heals: how long you cool it.

1

Cool running water. 20 minutes minimum.

By the clock, not by feel. This limits how deep the burn goes.

2

Jewellery off early.

Rings, watches, bracelets, before the swelling starts.

3

Cover loosely with cling film.

Bin the roll's first layer, lay a couple of layers on. Sterile, non-stick, and you can keep cooling through it.

NEVER

- ✗ Pull off clothing stuck to the burn
- ✗ Creams, ointments or butter
- ✗ Fluffy or adhesive dressings

HOSPITAL WHEN

- ✓ Deep (full thickness): always · call 999
- ✓ Blistering over 1% (their palm = 1%)
- ✓ Red over 5% · around a limb · hands, face, feet, genitals · under-5s, elderly

20 min under cool running water, minimum

In an emergency call 999