

BURNS: DO'S AND DON'TS



Proper burn treatment can ease pain, aid in the healing process, and reduce the likelihood of an infection.

DO

- Remove jewellery or other tight items around the burn
- Cool the burn with water for at least 15 minutes to reduce swelling & pain
- Wrap the burn loosely with a sterile bandage
- Seek medical attention for all chemical, electrical & 3rd degree burns

DON'T

- Apply mayonaise or other oil based products to the burn
- Don't break blisters
- Use a bandage that can shed fibers
- Rub or put pressure on the wound

For more information, please visit:
ONEHEART.CA