

3 First Aid steps For treating burns



Cool

Cool the burn with running cool tap water for 20 minutes if within 3 hours of burn injury.



Remove

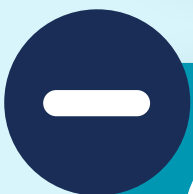
Remove any jewellery, nappies or clothing surrounding the burn



Cover

the cooled burn with loose clingfilm or a clean, non-fluffy cloth.

Warm the patient



Call

call 111 for advice, or in an emergency call 999/112



DO NOT apply:

- Ice
- Butter
- Toothpaste
- Bandages
- Oils



REMEMBER

COOL - REMOVE - COVER