

# BURN AWARENESS

## PREVENTION AND FIRST AID

Be careful with fires,  
with hot drinks, and electricity



### TAKE ACTION TO PREVENT

Watch out for babies, kids, and old people —they're more likely to get burns. Keep them safe! Fireplaces need to be protected. You can simply build a wall around a fireplace with clay or stones to stop babies and children from going too close to the fire.

Here are more ways to be safe at home:

- Watch out for little ones around candles, lamps, heaters, fires, stoves, kettles, ovens, irons, and cooking pots. Keep those fires and heaters on steady ground, away from little hands. Cook above the ground.
- Teach kids about the dangers of fire and electricity.
- Be alert to prevent injury from spills when carrying hot drinks and food.
- When taking a bath, add cold water first and then the hot water.
- Check all electrical outlets to make sure they're safe for everyone.
- Get a fire extinguisher for your home and learn how to use it.
- Keep matches and lighters out of reach of little children.
- Be extra careful with people who have epilepsy. If they fall near the fire, they might need help getting out.

The first 24 hours are the most crucial, as a burn progresses and deepens over time.



### REMOVE

Remove any clothing or jewelry, unless they're stuck to your skin.



### COOL

Run lots of water over the burn for **10 minutes**.  
Do not use ice! Do not use warm or hot water!



### COVER

Cover the burn **only** with a clean dressing and Vaseline.  
Don't use herbs, eggs, urine, toothpaste or grass on the burn!



### CALL

Call for medical help! Go to a doctor!  
Ambulance region Kitgum: 0772591493 / Police: 111

After care: Keep moving the burned area to prevent contraction.



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