

# STOP

## First Aid for burns and scalds

**S** **Strip** hot clothes and jewellery if possible.



**T** **Turn on cold tap** (never use ice). Run the burn under cool water for 10-20 minutes. Keep the rest of the person warm.



**O** **Organise** medical assistance. Contact NHS 24 – dial 111, attend A&E or dial 999.



**P** **Protect** burn with cling film or clean cloth (NO dressings, fluffy cloth, creams/lotions). **Give painkillers**



Keep your children away from these:

