

Health

Level 1 (Grades 3-5)

Sophia Wade
Busy Bobcats



BURNS



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1ST



Red or Discolored Skin

Run cool water over the burn or soak the burn in cool water for five minutes or longer.

2ND



Blisters and Red Skin

If skin is not broken, immerse in cold (not ice) water or place under cold running water.
Lightly apply cold clean cloth that has been wrung out in cold water.
Gently blot dry with sterile gauze or clean cloth.
Cover loosely with dry, sterile, non-adhesive dressing.

3RD



White or Charred Skin

Call 9-1-1
Remove clothing that comes off easily from burned areas.
Cover lightly with dry, sterile, non-adhesive dressing or clean, dry cloth.
Elevate burned arms or legs higher than the heart. Avoid friction or pressure.



References:

1. First Aid in Action, National 4-H Curriculum
2. www.healthline.com

