

Tips for dealing with burns

Immediate treatment of burns is crucial. Cool a burn within seconds after the burn occurs under cool, not cold water for at least 10 to 15 minutes.

Cool with water a burn that is red, blistered, white, or charred, and immediately seek emergency medical treatment. Ice should not be used because it can damage the skin.

Butter, ointments, or tooth-paste should not be used because they will seal in the heat and can cause further burn damage to the area.

– *Sallie Ross-Filgo, South Lake Tahoe Fire Department*