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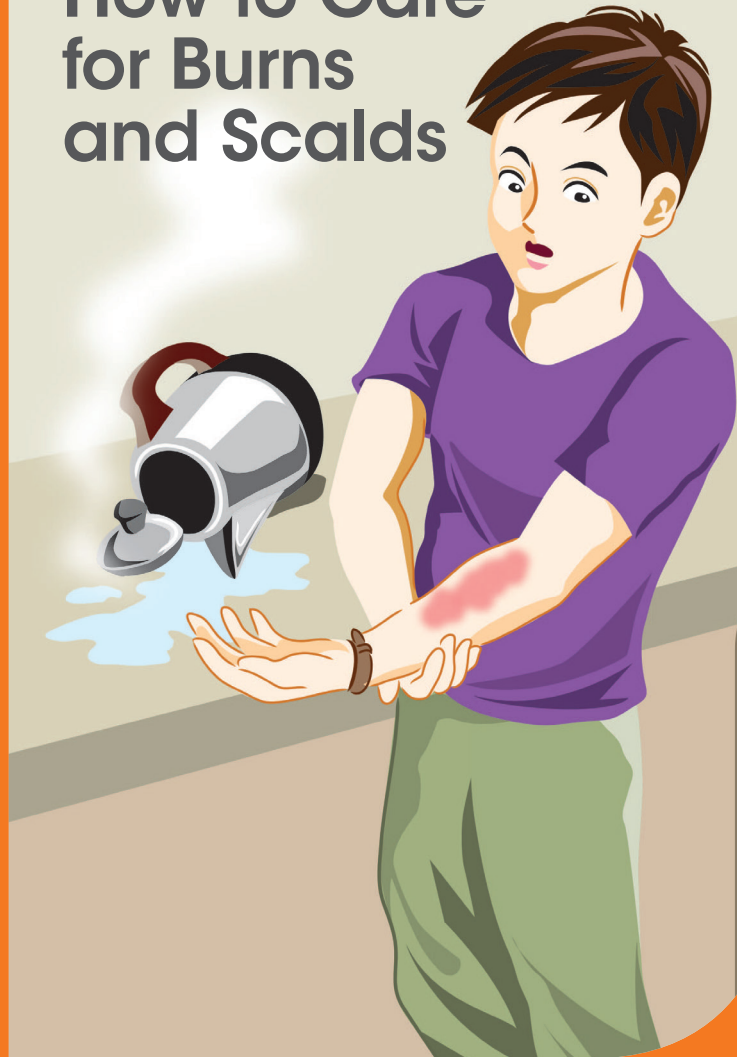
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How to Care for Burns and Scalds



**養和家庭醫學及
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What is a Burn ?

A burn is an injury to the skin caused by exposure to heat, fire, electricity, chemicals, or sunlight. Burns can vary in severity, ranging from mild to life-threatening, depending on the depth and extent of tissue damage.

What is a Scald?

A scald is a type of burn injury caused by hot liquids or steam coming into contact with the skin.

Types of Burns

First-degree burns

They affect only the outer layers of the skin, causing redness and severe pain.

Second-degree burns

They affect both the outer and underlying layers of skin, causing blisters, redness and swelling.

Third-degree burns

They penetrate into deeper tissues, resulting in skin that appears white or blackened, charred, and may cause numbness to pain.

Home Care for Minor Burns and Scalds

1. Calm down the person suffering burns or scalds



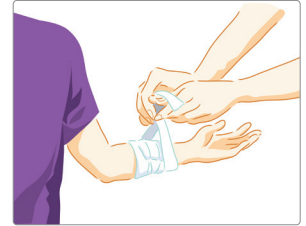
2. Run cool water over the burn area or soak it in cool water for 10 minutes



3. Remove clothing or accessories near the burn area before it gets swollen



4. Cover and wrap over the burn area with clean or sterile dressing (non-woven)



5. Get medical help from a nearby hospital



In Case of Burns or Scalds

- DO NOT apply woven dressing or sticky bandage to the burn area
- DO NOT apply ointment, Vaseline, toothpaste, cream, oil or any household remedy to the burn area
- DO NOT break the blisters to prevent wound infection
- DO NOT apply ice to the burn area. This can cause damage to the skin tissues
- DO NOT remove the clothes from the burn area if stuck. This can cause damage to the skin and wound infection