

*Have you
been burned?*

Here's
what
to do!

← *First aid for
burns*



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**DUTCH
BURNS FOUNDATION**

Water first!

- 1 Cool the burn approximately 10 minutes with lukewarm gently running water
- 2 Avoid hypothermia... Cool the burn, not the patient!
- 3 Remove clothing that does **not** stick to the burn
- 4 Contact a **doctor** in case of blisters, damaged skin, electrical and chemical burns
- 5 Do **not** apply any cream, ointment or lotion to the burn
- 6 **Cover** the burn with a sterile bandage or a clean tea towel
- 7 Do **not** allow the patient to eat or drink
- 8 If possible, transport the patient in an **upright** position