



FIRE-SAFE IN TENNESSEE

State Fire Marshal: Act Quickly to Treat Burns

Burns are devastating injuries. A burn accident may only take a moment, but it can affect the lives of its victims and their families for a lifetime. Knowing what to do if a burn occurs is crucial.

“Preventing a burn is always better than having to treat one,” says State Fire Marshal Julie Mix McPeak. “Keeping fire safety in mind is paramount to avoiding painful burn and scald injuries in your home.”

Attempting to treat a significant burn on your own can lead to serious complications. Burns, especially those affecting the young or the elderly, should be examined and treated by a physician.

If you or a loved one sustain a burn injury, stay calm and utilize the following guidelines:

- Treat a burn right away by putting it in cool water. Do not use ice.
- Cool the burn for three to five minutes.
- Cover with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- Remove all clothing, diapers, jewelry, and metal from the burned area. These can hide underlying burns and retain heat, thereby increasing skin damage.
- Call 911 right away or seek medical attention, if the burn is:
 - on the face, hands, feet, major joints or genital area and/or bigger than the injured person’s palm
 - white, tight, dry (leathery) or painless
 - caused by chemicals or electricity
 - causing difficulty breathing
- See your doctor as soon as possible if the burn:
 - does not heal in two to three days
 - gives off a foul odor
 - develops thick drainage, redness or swelling
 - causes a fever