A burn is an **injury to the skin from something hot**. Scalds are burns from hot liquids. Scalds from hot drinks are the most common burn among children.

If your child gets a burn or scald, first make sure the area is safe and there's no risk of further injury to your child or yourself. Take your child to a safe place if possible.

If the burn or scald is over your child’s clothing, remove the clothing immediately, if it isn’t stuck to the burn. Remove watches or jewellery. Leave any blisters alone.

Don’t apply ice, iced water, lotions, moisturisers, oil, ointments, butter or flour, creams or powders to the burn. This will make the damage worse.

**Scalds and burns first aid**

Treat the burn under **cool running water** for 20 minutes. Do this straight away. You can usually keep doing this for up to three hours after the burn.

**Cool the burn, not the child.** If the burn is large, stop cooling it after 20 minutes. This is because hypothermia can happen quickly in children.

Cover the burn with a loose, light, non-sticky dressing such as cling film or a clean cloth. Raise burned limbs to reduce swelling and pain.

When to get medical attention for burns or scalds

**Call an ambulance** if the burn is to your child’s face, airway, hands or genitals, or if the burn is larger than the size of your child’s hand.

**Go to a doctor or hospital** if the burn is the size of a 20-cent piece or larger, or if it’s deep, raw, angry or blistered. Also go if the pain persists or is severe, or you’re not sure how bad the burn is.