



5 things to remember

1. Keep the burn under cold water for at least 20 minutes.
2. Always tell a grown up if you have burnt yourself.
3. Don't use any ointments.
4. If the burn is bigger than a 20 cent piece, you will need to see a doctor.
5. For large burns to your body, back or legs it's best to stand under a gentle running cold shower or have a cold bath until help arrives.