**First aid for burn victims**

Everyone should know the location of the first aid kit, the nearest telephone, and medical facility before an accident happens. Burns can be painful and cause irreparable damage in seconds. Immediate response and appropriate medical help is very important.

1. Smother any burning clothing by dropping the victim to the ground and rolling them. Never peal stuck clothing from a burn.

2. Cool the burnt area with cool, running water for several minutes. Never use ice to cool a burn, because ice can cause frostbite.

3. Call an ambulance on 10111 or 082 911 in severe cases.

4. Minor burns can be treated with a topical burn ointment like Betadine to reduce pain.

5. Pain relievers like Ibuprofen can be used for the pain of a mild burn (typically redness only). If stronger pain relief is needed, call a doctor or go to the emergency department.

C:\Users\PCdV\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W7S1YXGE\MC900359035[1].wmfC:\Users\PCdV\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W7S1YXGE\MC900340286[1].wmf