



KIH-2270 - 0515

First aid for burns

Use cool running water on a burn for **20 minutes**. This will stop the burning process and cool the burn.

Cool running water can be useful within **three hours** of a burn.

Call 000 or seek medical help if you are unsure.

Never use ice, iced water, cream, toothpaste or butter on a burn as they can make the burn worse. Burn creams do not cool the burn and must not be used instead of cool running water.



Ice



Burn Cream



Toothpaste



Butter