



Burns & Scalds

Most common causes of burns



Contact with hot object



Chemical



Scalding liquid



Electrical



Fire or flame

1



Cool the burn with running cold water for 10-30 minutes, ideally within 20 minutes of the injury occurring.

2



Remove rings or other tight items from the burnt area. Try to do this quickly and gently, before the area swells.

3



Apply Medicare Burn Gel to relieve pain and cool skin further. The pain from a burn can also be treated with an OTC pain reliever.

4



To protect against infection and minimise skin damage, apply a Medicare Sterile Burn Dressing. Gently lay the burn dressing across the burn site. Do not cover, it can be secured using a conforming bandage.

5



You will need to decide whether further medical treatment is necessary.



What not to do with burnt skin



Don't break open small blisters as skin may become infected.



Don't apply butter or oil.



Don't remove clothing that is stuck to the skin.



Avoid fluffy cotton that could shed and get stuck to the healing area.



Avoid putting too much pressure on the burnt skin.



Always seek medical advice from your doctor.



Cuts & Scrapes



CLEAN

Infections in cuts and scrapes can often come from the hands. If gloves are not available before attending to a cut or scrape, make sure to clean your hands with soap and water, a Medicare Alcohol Prep Pad or Medicare Hand Sanitiser.



APPLY

Gently cleaning the cut or scrape with water, Medicare Sterile Saline Solution spray or Medicare Alcohol-Free Cleansing Wipes before covering with a plaster or dressing can help remove any dirt and prevent infection, encourage healing and reduce scarring.



COVER

Covering a cut or scrape with a Medicare Plaster or sterile dressing like Medporex after cleaning it can act as a barrier from dirt and bacteria to help prevent infection and also promote healing.

