It is also useful to know how to treat burns.

It is used to alleviate pain and prevent the burn wound from worsening.

英 語

1、cooling

① Cool the area under clean running water (such as tap water) for about 10 to 15 minutes.

② If there are blisters, avoid directing running water straight onto the burned area.

※ Immerse the affected area in a large tub or bucket while running water into it. Be careful not to pop the blister!

③ For the face or torso, apply a towel that has been soaked in tap water and lightly wrung out, or a cold pack wrapped in a towel, to the affected area.

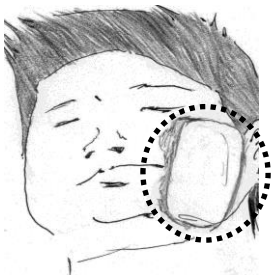
④ Caution is required when cooling with ice or ice packs, as excessive cooling can worsen the condition.

※ Children and the elderly are prone to hypothermia, so special caution is required.

⑤ Exercise caution, as rough handling can further aggravate damaged skin.

※ If clothing is stuck to the skin, do not try to force it off; instead, cool the area with the clothing still in place.





For areas that cannot be directly immersed in water, such as the face, cool them by applying a clean, wet towel.

2、Heat retention

① If the burn covers a large area (10% or more), keeping the patient warm is necessary.

※ The larger the area being cooled, the greater the risk of rapidly developing hypothermia.
It is easy to understand if you calculate based on the palm representing 1% of the bod surface area.

② After covering the affected area with clean gauze, keep it warm using a blanket or simil covering.

※ The affected area loses the protective function of the skin, making it highly susceptib to infections such as bacteria.
Retaining heat by wrapping your entire body provides superior warmth.

3、others

If an airway burn is suspected, it is considered a serious condition; please seek medical attention immediately.

※ It is dangerous if you exhibit symptoms such as visible soot in your mouth, singed nose hair, or a hoarse voice.