

Burns

How are burns classified?

- **By the Depth-**

- First Degree involves the outer layer of skin = dry, painful, sensitive to touch (Example = Mild sunburn)
- **Second Degree** involves several layers of skin = swollen, weepy, puffy, blistered (Example = Bad sunburn or burn from a stove/oven)
- **Third Degree** involves all layers of the skin, may include underlying tissue and organs = dry, pale white or charred, black swollen and may be open
- **Nerves-** are damaged or destroyed, may be little pain except at the edges of the burn, having second degree burns



How can I prevent?

- **Smoke detectors-** in your home
- **Fire extinguishers**
- **Stop smoking,** do with extreme caution only
- **Monitor Children Closely-** especially in the kitchen, electrical or campfires
- **Caution-** with hot appliances, hot foods, hot beverages
- **Cooking-** handles inside, use potholders, watch grease



What can I do?

- **Burned-** use cool tap water, avoid ice and ice water
- **Remove-** clothing or jewelry from the area
- **Clean-** area with mild soap and water
- **Don't-** put salve, grease, butter on the area

- **What do I need to do?**

- **See your Health Care Provider-** immediately
- **Talk with a Registered Dietitian-** for help as needed for healing
 - **Increase-** HBV (High Biological Protein) Foods, meats, chicken, fish, eggs
 - **See FFF RD-** on line for help as needed

