Burns and Scalds

It's important to treat any burns or scalds as soon as possible as this will limit the amount of damage to your skin.

Minor Burns

- Start cooling the burn immediately by holding the affected area under cold running water for at least 10 minutes
- Remove any jewellery unless it is sticking to the burn, and cover the burn with strips of cling film to prevent infection.
- Do not use ice, iced water, creams, or greasy substances (such as butter) to soothe the burn.
- If a minor burn is larger than a postage stamp, it requires medical attention. All deep burns of any size require urgent hospital treatment.

Severe Burns

- Start cooling the burn immediately under running water for 10 to 30 minutes.
- Dial **999** for an ambulance.
- Make the casualty as comfortable as possible, lie them down.
- Continue to pour copious amounts of cold water over the burn for at least 10 minutes, or until the pain is relieved.
- Whilst wearing disposable gloves, remove any jewellery, watch or clothing from the affected area, **unless** it is sticking to the skin.
- Cover the burn with a clean, non-fluffy material to protect it from infection. A cloth, a clean plastic bag or kitchen cling film all make good dressing materials.
- Treat for **shock**.

If clothing is on fire

- Stop the casualty panicking or running. Any movement or breeze will fan the flames.
- Drop the casualty to the ground.
- If possible, wrap the casualty tightly in a coat, curtain, blanket (not the nylon or cellular type), rug or other heavy-duty fabric. The best fabric to use is wool.
- Roll the casualty along the ground until the flames have been smothered.

Please note for all burns:

- **Do not** use lotions, ointments or creams.
- **Do not** use adhesive dressings.
- **Do not** break blisters.

Other Useful Organisations

- **NHS 111** is the new telephone service which has replaced NHS Direct. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.
- **NHS.UK** is a website providing health and medical advice, an online symptom checker and a facility for searching for services near you.

> **Please note** – The content on this website is provided for general information only, and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. If you are feeling unwell, make an appointment to see your GP or contact **NHS 111**. In an emergency, dial **999**.

Last updated: August 3, 2020

Useful Organisations

Newcastle Urgent Treatment Centre (Westgate Road)

Website: https://www.newcastle-hospitals.nhs.uk/hospitals/westgate-urgent-treatment-centre/

Telephone: 0191 282 3000

Address: Newcastle General Hospital, NE4 6BE

St. John Ambulance Northumbria

Email: countyhq@northumbria.sja.org.uk

Website: www.sja.org.uk

Telephone: 0191 273 7938

Address: St. John House, NE4 9PQ

Newcastle Urgent Treatment Centre (Ponteland Road)

Telephone: 0191 271 9030

Address: Ponteland Road Health Centre, NE5 3AE

Newcastle upon Tyne Hospitals NHS Foundation Trust

Website: https://www.newcastle-hospitals.nhs.uk

Telephone: 0191 233 6161

Address: Freeman Hospital, NE7 7DN

Newcastle Urgent Treatment Centre (Molineux Street)

Website: https://www.newcastle-hospitals.nhs.uk/hospitals/molineux-street-urgent-treatment-centre/

Telephone: 0191 213 8566

Address: Molineux Street Urgent Treatment Centre, NE6 1SG

NHS 111

Website: www.nhs.uk/111

Related Articles

Introduction to First Aid

Getting to hospital

Bleeding

Choking

Heart Attacks

Hyperventilation

Shock

Walk-in centres (Urgent Treatment Centres)

Minor Injuries Units

Urgent medical help from NHS 111

Eye Casualty