

IT CAN HAPPEN IN A FLASH WITH A SPLASH

LIQUID AND STEAM BURN LIKE FIRE



KEEPING YOUR YOUNG CHILDREN SAFE IN THE TIME OF COVID-19

These are difficult times for everyone, especially for parents juggling the new demands related to social distancing, isolation, and a reduced support network. Keeping your young child safe from the burns and other hazards can be a full-time job!

- Your well-being is as critical as your child's
- You may worry about taking a break and keeping your child safe at the same time
- There are resources to help both you and your child during this stressful time





BURN AND SCALD INJURY FACTS

- **Burns** are very painful.
- **Recovery** from severe and extensive burns is often very long and difficult.
- **Thermal** burns from hot objects like curling, straightening or clothing irons cause most burns.
- **Hot** water causes more than half of all scald burns in children.



BURN AND SCALD PREVENTION TIPS

- **Keep hot foods and drinks away** from the edges of tables and counters.
- **Put hot items down (like a cup of coffee)** before picking up or carrying a child.
- **Keep children away when you cook** by using a highchair, pack n'play, gate, or supervision of another adult.
- **Cords of appliances should remain out of reach** by winding or tucking cords away, because children like to pull on cords.
- **Microwaves should not be used by young children** and only with supervision for older children. Plates, cups and foods can be hot enough to burn.
- **Test water from faucets before washing** children's hands, feet, or other body parts. Water can be unexpectedly hot and scald any age child. Check to be sure that the hot water heater that supplies your home is set at or below 120° F.
- **Supervise children** near grills or in the presences of fireworks.



S.T.O.P. : FIRST AID FOR BURNS

S Strip off wet clothes and any jewelry.

T Turn cool water on and run over burn immediately, for at least 3-5 minutes.

O **Organize** medical assistance by calling 911 if the burn is more than the size of one of your child's palms.*If smaller than one palm, then call Primary Care Provider for next steps.

P Protect burn with a clean dry cloth. **DO NOT** apply creams, ointments, sprays or other home remedies.



RESOURCES

- **Food/Housing/Crisis Support:** The 2-1-1 Infoline has many resources (housing, utility assistance, food assistance, and crisis support). **Visit www.211nh.org or call 2-1-1.**
- **Child Development Bureau:** (CDB) supports children's healthy development starting from pregnancy with information, support, and referrals to NH programs and services for children and their families. **Call 1-800-852-3345 or visit www.dhhs.nh.gov/dcyf/cdb**
- **Medical Questions:** Most primary care providers offer virtual visits.
- **The Family Support Warm Line:** "Stresses are high. Struggles are huge. Families are worried" Waypoint launched a free phone-in service where callers can talk confidentially to a trained professional **call 1- 800-640 - 6486** or visit **www.waypointnh.org**
- **Phoenix Society** serves burn survivors, loved ones, burn care professionals, researchers, and anyone else committed to empowering the burn community and building a safer world **www.phoenix-society.org**
- **Mental Health Support:** Call the NAMI NH info & resource line at **800-242- 6264** or visit **www.naminh.org**

| Water Temperature | Time to 3rd Degree Burn |
|-------------------|------------------------------|
| 155° F | 1 second |
| 148° | 2 seconds |
| 140° | 5 seconds |
| 133° | 15 seconds |
| 127° | 1 minute |
| 124° | 3 minutes |
| 120° | 5 minutes |
| 100° | Safe temperature for bathing |