In 2018, roughly 70,000 people went to the emergency room because of contact burns. About one-third of these patients were children under the age of 5.

Types of Burns
First Degree (Minor)
- First degree burns usually result in redness and mild pain.

Second Degree (Moderate)
- Second degree burns are usually bright red with a moist or blistered appearance.

Third Degree (Severe)
- Third degree burns usually appear charred or ashen and are black or brown in color.
- These burns can result in devastating injury including the loss of function, loss of limbs, disfigurement, reoccurring infection, and sometimes death.

How to Treat a Burn
- Turn off the heat source and make sure the surroundings are safe.
- Remove clothing and jewelry near a burn, but do not peel off clothing stuck to the burn.
- Run cool water (not cold or icy) on the burn for 5-10 minutes until the pain subsides.
- Apply an antibiotic ointment or dressing to the burn to keep it moist. Do not use creams or greasy substances like butter, toothpaste, or eggs. These can cause infection.
- Call 9-1-1 if you have a burn that affects your mobility or sensation, for any burn larger than your hand, or if the burn affects the feet, face, eyes or genitalia.

Burn Prevention Tips
- Create a safety zone of at least 3 feet around hot objects or appliances.
- Do not leave hot objects unattended and unplug tools when not in use.
- Keep hot objects away from counter edges and out of the reach of children.