

# BURNS: MESSAGES

LAST UPDATE: MARCH 2022

## About the Message Library

People affected by disaster must have access to timely, appropriate and accurate information to help them keep themselves and their families safe and well. They should know their rights, entitlements and be able to give feedback. Responders have a duty to put in place appropriate, systematic and coordinated mechanisms to ensure this.

Our Message Library offers clear, concise and simple messages on a range of topics as templates for you to adapt and use in the context you are working in. These are intended to help you make a quick start on communicating with communities while you further develop mechanisms for on-going dialogue with diverse groups within each community.

For help contextualising and using the messages we recommend you do our e-learning course and read the following technical guidance.

### E-learning

<https://kayaconnect.org/course/info.php?id=768>

### Guidance

<https://www.cdacnetwork.org/tools-guidance/cdac-message-library-user-guidance>

This message set is currently under development. If you can help us with this, please get in touch at [info@cdacnetwork.org](mailto:info@cdacnetwork.org).

## What are thermal burns?

A thermal burn is an injury to the skin or other human tissue caused by heat. You can be burned by hot liquids, hot objects, fire, chemicals, electricity or the sun. Burns often cause permanent scarring, and some are fatal.

## How to treat thermal burns

Cool the burn under cold running water for at least ten minutes, ideally twenty minutes. Then, if possible, loosely cover the burn with a clean plastic bag. Seek medical help as soon as possible.

## Burn prevention during cooking

Cook with care. Stay nearby when the food is cooking. Keep children away from cooking area. Turn pot handles inward and do not leave spoons or other utensils in pots while cooking. Keep matches, dangerous chemicals and electrical appliances out of children's reach.

### See also message topic on:

- Fire

## REFERENCES

For more information on this topic, we recommend you read the following references.

IFRC First Aid Reference Centre (2021). **Burns**.  
[www.globalfirstaidcentre.org/burns-2](http://www.globalfirstaidcentre.org/burns-2)

### HELP US KEEP THE LIBRARY UP TO DATE

**If you would like to contribute to topic reviews, have found a message that needs greater clarity, or wish to create a new topic, please contact us at [info@cdacnetwork.org](mailto:info@cdacnetwork.org).**