



# Topic: Minor Burn Treatments

*Minor burns cannot only be painful but lead to serious infection. Learn the proper treatment methods and stay healthy.*

## A Quiz:

Doctors at the Mayo Clinic give this quiz to determine if people know how to give first aid for minor burns.

- A. Putting ice on a burn is best. True or False?
- B. Putting butter on a burn aids healing. True or False?
- C. You should cover a minor burn. True or False?
- D. You shouldn't break blisters. True or False?



## Ready? Here are the answers:

- A. **False.** Ice can cause frostbite and further damage the skin. Instead, hold the burned area under cool running water to cool the burn and reduce pain.
- B. **False.** Putting butter on a burn makes it hold heat and causes more damage. It also increases the risk of infection. When the burn is completely cooled, if the skin surface is intact, lotions (not butter) can prevent drying.
- C. **True.** Cover a burn loosely with a sterile gauze bandage. This keeps air off the area and reduces pain.
- D. **True.** Generally, it's best not to break blisters because they protect against infection. If the blister is tender, snip a small hole in it with sterilized scissors. Wash the area with soap and water, apply an antibiotic ointment, and bandage. Avoid ointments with neomycin which can cause an allergic skin reaction in some people.