

HEALTH TIPS FOR THE MONTH OF NOVEMBER 2016

BURNS AND ITS FIRST AID AND MANAGEMENT

Burns is defined as a wound caused by exogenous agent leading to coagulate necrosis of the tissue.

A burn can be painful or painless according to the degree caused by dry heat, corrosive substances and friction. The degree of a burn is determined by its location on the body and the number of skin layers affected.



First Aid for Minor Burns and Scalds

- Cool the injured part with copious amounts of cold water for about 10 minutes.
- Gently remove constricting items from the injured area before it starts to swell.
- Cover the injury with a sterile dressing, or any clean, non-fluffy material.
- Do not pierce or open blisters/ peel off burned dead skin.
- Do not use butter/ antiseptic creams/ adhesive dressings/ folk remedies on burns.

Home safety

- Teach children safety rules for matches, fires, electrical outlets, electrical cords and stoves.
- Keep matches/ flames/hanging electric cord/ hot pot handles/ hair dryers out of reach of children.
- Keep small children away from stoves and ovens when you are cooking.
- Never hold a child while smoking or drinking a hot liquid, because any sudden movement by the child could cause a burn.
- Never leave hot foods or liquids in a table with cloth within reach of children.
- Set your water heater at 120 degree F (50 degree C) or lower.
- Store cleaning solutions and paints in containers in well-ventilated areas.
- Use proper fuses in electrical boxes, do not overload outlets, and use insulated and grounded electrical cords & be careful with gas equipment. Cover electrical outlets.

Medication



Burns can be painful and cause irreparable damage in seconds. You must be able to respond appropriately and get medical help as quickly as possible. Before an accident happens, know the location of the first aid kit, the nearest telephone, and medical facility. Teach children who are old enough to understand to stop, drop, and roll if their clothing catches on fire.

Prevention

- Safety in the workplace.
- Safety in the home, including regularly checking smoke alarms.
- Good parenting to protect children.
- Care of the frail elderly and the socially isolated.
- Prevention of sunburn: appropriate duration and timing of sunbathing, sun protection creams and regulation of tanning booths.



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