

Dear Parents,
Burns are painful, can cause scarring, and can be life-threatening. Most burns can be prevented. Practice burn prevention every day!

Page 2 - Don't get burned. Don't get burned. Children's skin can burn quickly. Lower the temperature on your hot water heater to 120° F. Carefully check bath water. Do not let children turn the water on or off. Always supervise children around water!

Page 3 - Cooking is fun. Keep children away from the stove and appliances while you are cooking. Turn pot handles toward the back of the stove, out of reach. Never place a crock-pot, deep fryer, or hot food where a child can reach it. Keep cords to cooking appliances out of reach.

Page 4 - Microwaved foods can be HOT! Microwaved foods can have hot spots in the center of the food. Always stir microwaved food and feel how hot it is before serving. Do not heat infant bottles in the microwave!

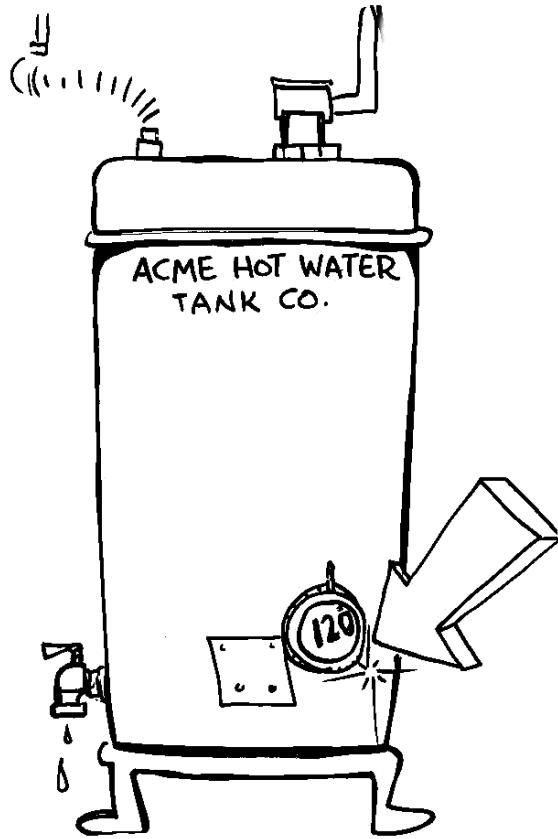
Page 5 - Do not touch hot objects. Teach children to avoid items that might be hot, such as irons, curling irons, space heaters, stoves, or fire places.

Page 6 - Cool a burn fast! Immediately pour lots of cool water over a burn. Get medical help for large, deep, or blistering burns. Do not put ointment, butter, or lotion on the burn.

Page 7 - Get away from fire! Teach your child what to do in case of smoke or fire. Get low and get out fast if there is smoke or fire. Practice fire drills and going to a meeting place outside. Have working smoke detectors in your home.



Water can be very hot.



**Ask an adult to check
the water for you.**



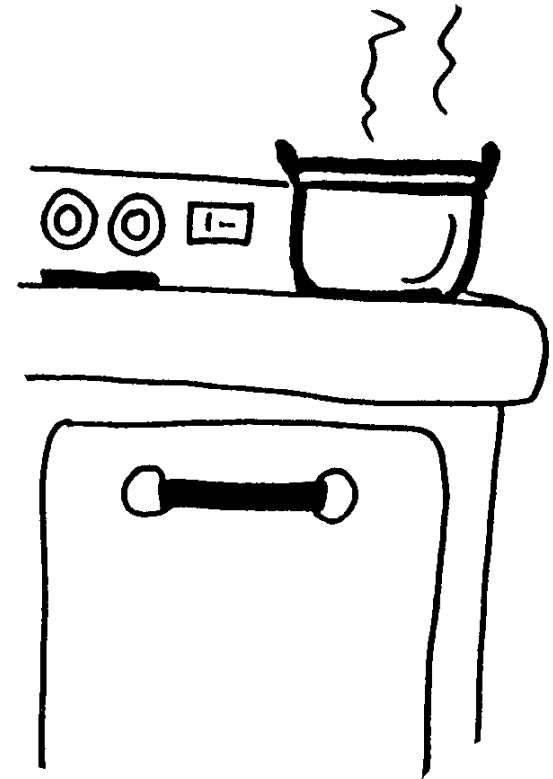
**If there is smoke or fire,
get low and get out fast!**

Cool the burn *fast*...



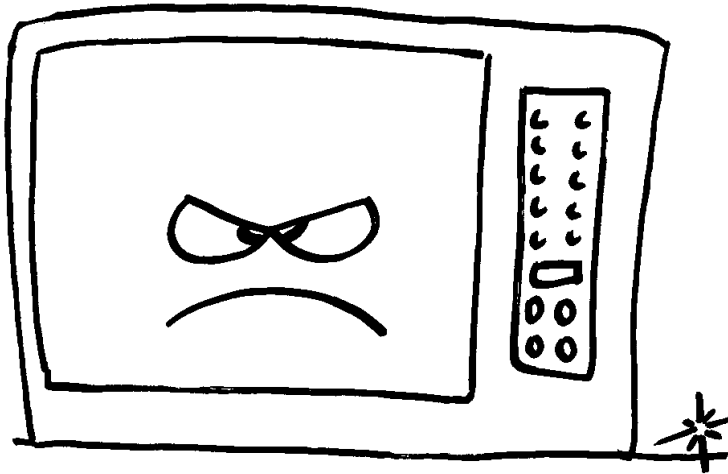
... with lots of cool water.

Cooking is fun, but foods
can be hot.



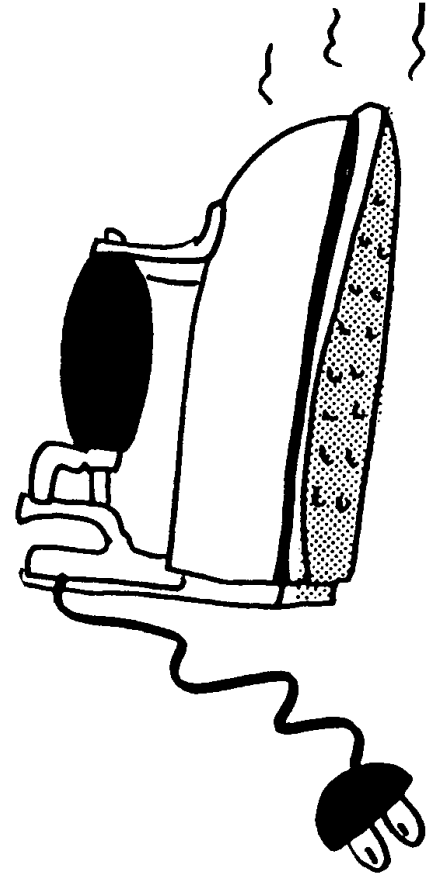
Do not touch hot
stoves or pots.

Microwaved foods
can be **HOT!**



Ask an adult to help you.

Do not touch hot objects...



... like irons, heaters,
or curling irons!