

Dear Parents,

Burns are painful, can cause scarring, and can be life-threatening. Most burns can be prevented. Here are some ways to keep your child safe from burns. Practice burn prevention every day!

**Page 2 - Don't get burned.** Children have tender skin that can burn easily. Lower the temperature on your hot water heater to 120 degrees F. Teach your child to never touch the water spigots when bathing. Always supervise your child 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!** Foods heated in a microwave 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!

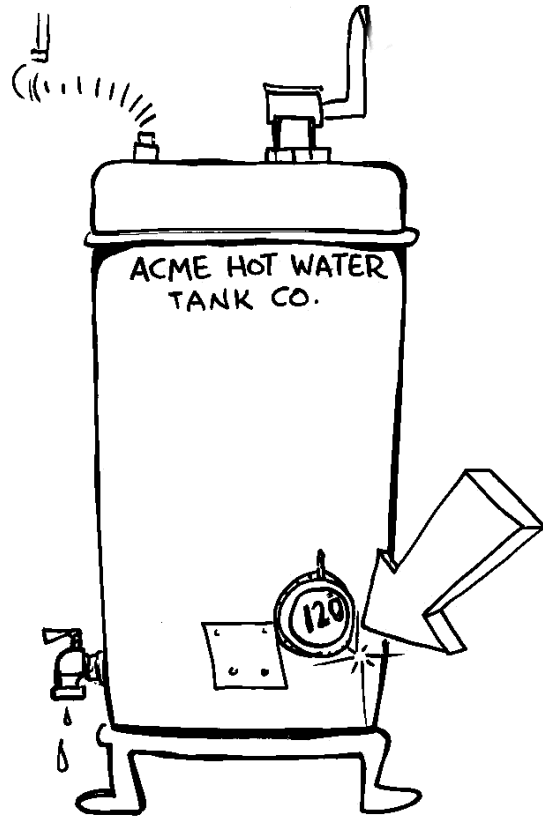
**Page 5 - Don't touch hot things!** Teach children to avoid items that might be hot, such as irons, curling irons, space heaters, stoves, or fire places.

**Page 6 - Get away from fire!** Teach your child what to do in case of fire. Do not hide from fire – get out! Get low and go if there is smoke. Practice fire drills and going to a meeting place outside.

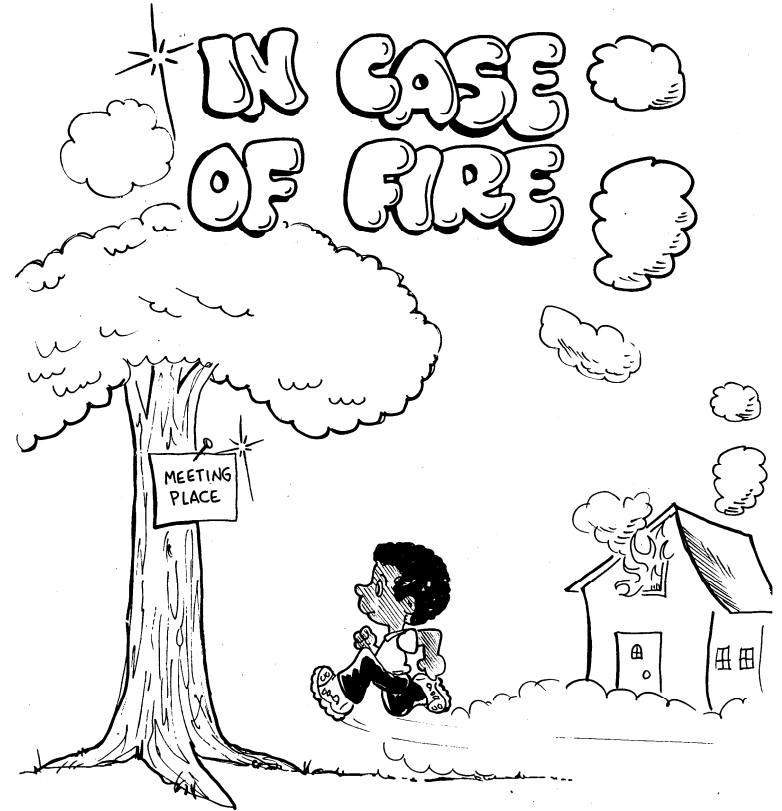
**Page 7 - Cool the burn fast!** If you get burned, immediately pour lots of cool water over the burn. Do not put ointment, butter, or lotion on the burn.



**Water can be very hot.**



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



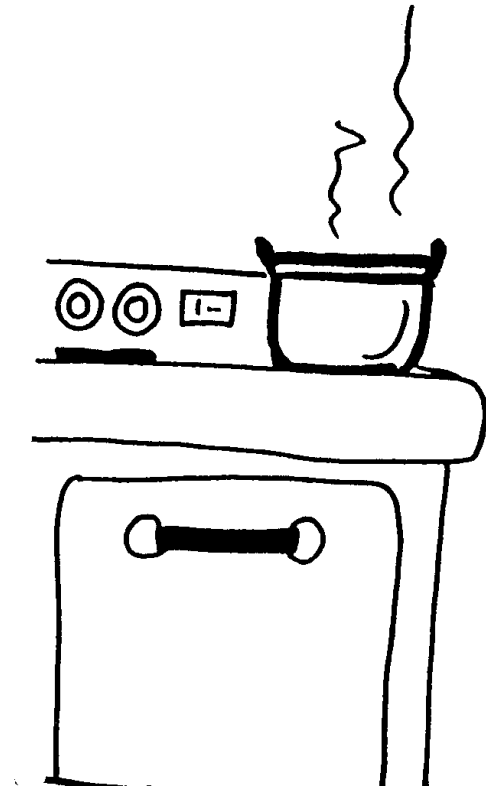
**If there is smoke or fire,  
get out fast!!! Never try  
to hide from a fire.**

Cool the burn *fast*...



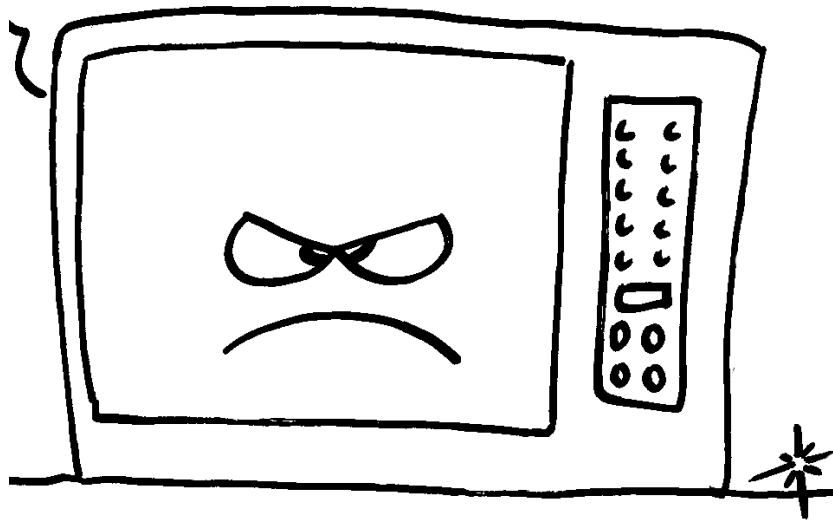
... with lots of cool water.

Cooking is fun, but  
foods can be hot.



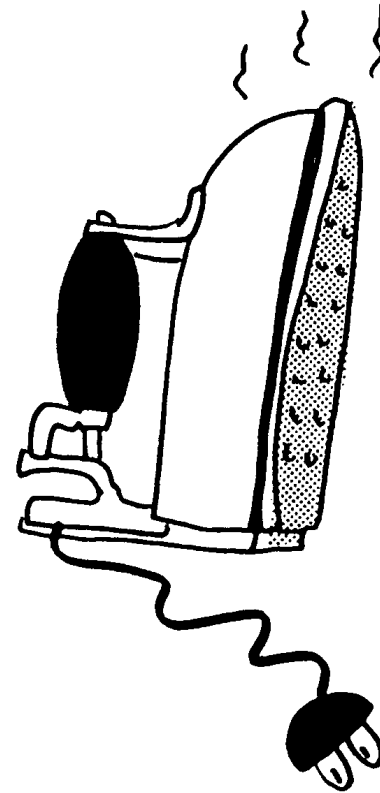
Do not touch hot  
stoves or pots.

Microwaved foods  
can be HOT!



Ask an adult to help you.

Don't touch hot things...



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