IT CAN HAPPEN IN A FLASH WITH A SPLASH
LIQUID AND STEAM BURN LIKE FIRE

KEEPING YOUR YOUNG CHILDREN SAFE IN THE TIME OF COVID-19

These are difficult times for everyone, especially for parents juggling the new demands related to social distancing, isolation, and a reduced support network. Keeping your young child safe from the burns and other hazards can be a full-time job!

• Your well-being is as critical as your child’s
• You may worry about taking a break and keeping your child safe at the same time
• There are resources to help both you and your child during this stressful time
**Burn and Scald Injury Facts**

- **Burns** are very painful.
- **Recovery** from severe and extensive burns is often very long and difficult.
- **Thermal burns** from hot objects like curling, straightening or clothing irons cause most burns.
- **Hot water** causes more than half of all scald burns in children.

**Burn and Scald Prevention Tips**

- Keep hot foods and drinks away from the edges of tables and counters.
- Put hot items down (like a cup of coffee) before picking up or carrying a child.
- Keep children away when you cook by using a highchair, pack n’play, gate, or supervision of another adult.
- Cords of appliances should remain out of reach by winding or tucking cords away, because children like to pull on cords.
- Microwaves should not be used by young children and only with supervision for older children. Plates, cups and foods can be hot enough to burn.
- Test water from faucets before washing children’s hands, feet, or other body parts. Water can be unexpectedly hot and scald any age child. Check to be sure that the hot water heater that supplies your home is set at or below 120°F.
- Supervise children near grills or in the presences of fireworks.

**S.T.O.P.: First Aid For Burns**

- Strip off wet clothes and any jewelry.
- Turn cool water on and run over burn immediately, for at least 3-5 minutes.
- Organize medical assistance by calling 911 if the burn is more than the size of one of your child’s palms.*If smaller than one palm, then call Primary Care Provider for next steps.
- Protect burn with a clean dry cloth. DO NOT apply creams, ointments, sprays or other home remedies.

**Resources**

- **Food/Housing/Crisis Support:** The 2-1-1 Infoline has many resources (housing, utility assistance, food assistance, and crisis support). Visit [www.211nh.org](http://www.211nh.org) or call 2-1-1.
- **Child Development Bureau:** (CDB) supports children’s healthy development starting from pregnancy with information, support and referrals to NH programs and services for children and their families. Call 1-800-852-3345 or visit [www.dhhs.nh.gov/dcyf/cdb](http://www.dhhs.nh.gov/dcyf/cdb).
- **Medical Questions:** Most primary care providers offer virtual visits.
- **The Family Support Warm Line:** “Stresses are high. Struggles are huge. Families are worried” Waypoint launched a free phone-in service where callers can talk confidentially to a trained professional call 1-800-640-6486 or visit [www.waypointnh.org](http://www.waypointnh.org).
- **Phoenix Society** serves burn survivors, loved ones, burn care professionals, researchers, and anyone else committed to empowering the burn community and building a safer world [www.phoenix-society.org](http://www.phoenix-society.org).
- **Mental Health Support:** Call the NAMI NH info & resource line at 800-242-6264 or visit [www.naminh.org](http://www.naminh.org).

<table>
<thead>
<tr>
<th>Water Temperature</th>
<th>Time to 3rd Degree Burn</th>
</tr>
</thead>
<tbody>
<tr>
<td>155°F</td>
<td>1 second</td>
</tr>
<tr>
<td>148°F</td>
<td>2 seconds</td>
</tr>
<tr>
<td>140°F</td>
<td>5 seconds</td>
</tr>
<tr>
<td>133°F</td>
<td>15 seconds</td>
</tr>
<tr>
<td>127°F</td>
<td>1 minute</td>
</tr>
<tr>
<td>124°F</td>
<td>3 minutes</td>
</tr>
<tr>
<td>120°F</td>
<td>5 minutes</td>
</tr>
<tr>
<td>100°F</td>
<td>Safe temperature for bathing</td>
</tr>
</tbody>
</table>