

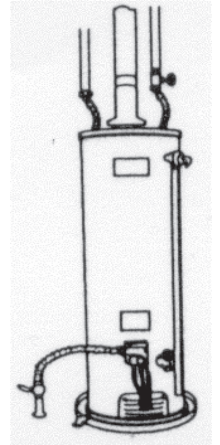
# Scald Prevention

Many people don't know that hot water is a danger in the home. Hot water can burn like fire. Young children and older adults are at the highest risk because they have thin skin. But everyone can be hurt by hot water.

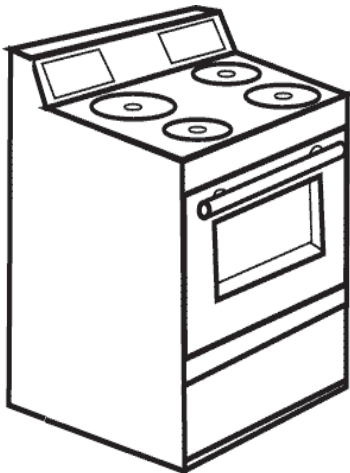
A scald burn is a burn from hot liquid or steam. Know what to do to prevent a painful scald burn from happening in your home.

## In the Bathroom

- How hot is the water coming out of your tap? Use a thermometer.
- Set your water heater at 120 degrees Fahrenheit.
- Fill the tub. Run your hand through the water to test for hot spots. Then help the children get in.
- When children are in or near the tub, watch them closely.
- Install special tub spouts and shower heads that prevent hot water burns. These sense if the water gets hot enough to cause a burn and shut off the flow of water.



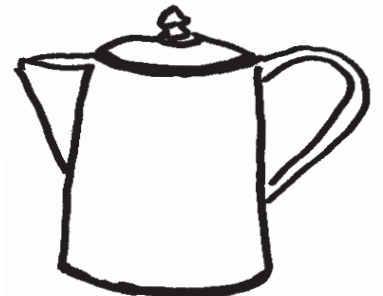
## In the Kitchen



- Wear long oven mitts to protect your skin when cooking or handling hot food.
- Turn pot handles toward the back of the stove so children cannot pull them down. Use back burners when cooking.
- Keep children away from the stove when you are cooking. Put tape on the floor so they can learn to stay out of the “no-kid-zone.”
- Food cooked in the microwave can get very hot and cause a burn. Use oven mitts when you take off the lid; stir and test food before serving to make sure it is cool enough to eat.

## Prevent Burns from Hot Drinks

- Keep hot drinks away from the edge of tables and counters. Do not use tablecloths or placemats because young children can pull them down.
- Use a “travel mug” with a tight-fitting lid for all hot drinks. This can help prevent a burn if the cup tips over.
- Do not hold a child while you have a hot drink in your hand.



## If You Burn Your Skin

- Cool a burn with running water. Do this right away.
- Keep the burned area in cool water for 3 minutes or longer. Do not put ice, butter or lotion on the burn. This could make it worse.
- Call your doctor or 9-1-1 if the burn looks bad.

