

# Burns & Scalds in Children Provider Fact Sheet

From January to August 2020, NCH has seen a 20% increase in hospital visits for burns in children, compared the same time frame in 2019. The largest increases in burns were due to fire, touching a hot object, and scalding. The majority of burn-related injuries are occurring in children under 5 years of age.

Primary Care Providers can help to provide education to families about burn prevention in their homes. You can give some quick tips to families on how to prevent burns or scalding that can happen around the home:

1. Encourage your families to purchase fire safety equipment, like home fire extinguishers and bathtub thermometers, at retailers like Amazon, Walmart, or Target.
2. Direct your families to additional resources to learn about home safety measures.
  - Make Safe Happen: [www.MakeSafeHappen.com](http://www.MakeSafeHappen.com)
  - Healthy Children website from the American Academy of Pediatrics
    - o Fire Safety  
<https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Fire-Safety.aspx>
    - o Fireplace Safety  
[https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Fireplace-Safety\\_Tips.aspx](https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Fireplace-Safety_Tips.aspx)
    - o Burn Treatment & Prevention  
<https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Treating-and-Preventing-Burns.aspx>
3. Share education on how to prevent burns or scalding that can happen around the home.

<b>Burn Safety for Families with Infants and Young Children</b>	
<p style="text-align: center;"><b>Bathtub scalds</b></p> <ul style="list-style-type: none"> <li>Set household hot water tank temperature to &lt;120° F. Test bath water with your wrist or use a bathtub thermometer to check the temperature of the water.</li> <li>Stay with your child at all times while he/she is in the tub.</li> <li>Teach your toddler that the faucet is not a toy. Place your child at the end of the tub away from the faucet.</li> </ul>	<p style="text-align: center;"><b>Kitchen and cooking burns</b></p> <ul style="list-style-type: none"> <li>Create a childfree safe zone. Instruct young children to stay 3 feet away from the stove.</li> <li>Holding an infant while you are eating, drinking, or preparing hot foods is unsafe.</li> <li>Keep hot food away from your child until it cools to proper eating temperature.</li> <li>Keep coffee pots and cups away from the edge of the table and counters. Turn handles of pots and pans toward the back of the stove.</li> <li>Keep electrical cords to appliances (coffee pots, crock pots, instant pots, fryers, etc.) out of reach.</li> <li>Instruct teenagers about safety when cooking with oil or grease. If a fire occurs, never put water in the pan – always cover with a lid.</li> </ul>
<p style="text-align: center;"><b>Flame (explosions, flash burns, fire)</b></p> <ul style="list-style-type: none"> <li>Keep your child away from fireplaces, space heaters and stoves at all times.</li> <li>Never use lighter fluid on a burning fire or hot coals. Supervise and teach your child to stay away from grills and fires.</li> <li>Do not let children play with sparklers.</li> <li>Teach your children safety measures while near fire pits or bon fires, such as no running or playing near them until the fire is completely out.</li> <li>Keep matches, lighters, gasoline, kerosene, gunpowder, spray cans, and paint out of the reach of children.</li> </ul>	<p style="text-align: center;"><b>Touching hot appliances</b></p> <ul style="list-style-type: none"> <li>Keep children away from hot appliances (oven doors, space heaters, curling irons, lights)</li> <li>Unplug appliances when they are not in use and tuck cords away.</li> <li>Be mindful when using space heaters – they can result in serious injuries.</li> </ul>

