

Proper treatment of burns important

Immediate treatment of burns is crucial. Cool a burn within seconds after the burn occurs under cool, not cold water for at least 10 to 15 minutes.



Cool with water, a burn that is red, blistered, white, or charred, and immediately seek emergency medical treatment. Ice should not be used because it can damage the skin.

Butter, ointments, or toothpaste should not be used because they will seal in the heat and can cause further burn damage to the area.

– Sallie Ross-Filgo, South Lake Tahoe Fire Department