

Here's Help: Mild Sunburn in Children

No matter how hard you try to protect them, children can burn themselves. [ouch!] Even a minor burn hurts! There may be tears. [crying] Like a sunburn, a burn can change the color of the skin.

It may have small blisters.

Large, deep blisters? That's a trip to the doctor.

But if you're sure it's a minor burn, here's what you can do at home.

Burn-damaged skin can get infected.

So you'll need to keep it clean.

Wash the area with clean water a couple times a day.

Gently pat the burn dry with a clean cloth.

And don't use hydrogen peroxide or alcohol.

Also, protect the burn while it's healing, especially if it might get rubbed by clothing.

You can cover the burn with a thin layer of petroleum jelly and a nonstick bandage.

And even though it's tempting, don't break blisters open.

Broken blisters can get infected.

After the burn heals, use sunscreen on the area when your child goes outside.

Here are a few things to watch for, just in case.

Call your doctor if your child's pain gets worse.

Watch for signs of infection, such as increased pain, swelling, warmth, or redness near the burn; red streaks leading from the burn; pus draining from the burn; or a fever.

To avoid burns, here are some things you can do.

Keep children away from hot appliances: irons, fireplaces, portable heaters, and wall heaters.

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Use scald-resistant faucets.

And lower the hot water temperature.

Cook on the back burner with pot handles turned away from the edge of the stove.

And be careful when you're carrying or drinking hot beverages around children.

Or your friends. Or yourself, for that matter.

Lots of kids burn themselves. It can be scary. And it's painful.

But there are things you can do to ease your child's pain and make them more comfortable while they heal.

If you have any questions or concerns, you can always call your doctor.