

# Preventing SCALDS

## Hot foods and liquids can burn just like fire!

Burns from hot foods, hot liquids, grease, and bath water can be painful and very serious.

Many scald burns happen to children 1 to 2 years old who are just beginning to walk, climb and reach.

Cool minor burns with cool water only.

Call 9-1-1 for emergency care.

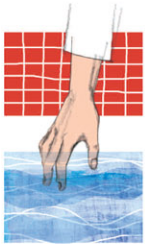
### In the Kitchen:

- Keep hot foods and drinks away from the edges of tables and counters.
- Don't put them on a tablecloth that your child could grab.
- If you are holding something hot—like coffee—don't hold your baby at the same time. You can't hold both safely.
- Keep your child away from the stove while you cook. Turn pot handles to the back of the stove so your child can't reach them.
- Always test your child's heated food, especially bottles. This is especially true for food heated in the microwave: it can come out VERY hot.



### In the Bathroom:

- Your child's skin is very tender and can burn easily if the water is too hot. You should set the temperature of your hot water heater so that the hot water is no higher than 120 degrees (Fahrenheit) or 49 degrees (Celsius).
- Check the water before you put your child in the tub.
- Watch your child during bath time. Do not leave your child alone **for any reason**, not even to answer the phone or the door. A child left alone in the bathtub can turn on the hot water and get burned. A child left alone in the bathtub can drown. Don't leave your child in the tub with an older child. An adult should always be with a child while they are in the tub.



For more information on safety, please call (617) 624-5070 (assistance available in other languages)  
TTY (617) 624-5992 or visit our website at: <http://www.state.ma.us/dph/fch/injury/index.htm>.  
Massachusetts Department of Public Health, Injury Prevention and Control Program.