

# IT CAN HAPPEN IN A FLASH WITH A SPLASH

LIQUID AND STEAM BURN LIKE FIRE



## KEEPING YOUR YOUNG CHILDREN SAFE IN THE TIME OF COVID-19

These are difficult times for everyone, especially for parents juggling the new demands related to social distancing, isolation, and a reduced support network. Keeping your young child safe from the burns and other hazards can be a full-time job!

- Your well-being is as critical as your child's.
- You may worry about taking a break and keeping your child safe at the same time
- There are resources to help both you and your child during this stressful time





## BURN AND SCALD INJURY FACTS

- **Burns** are very painful.
- **Recovery** from severe and extensive burns is often very long and difficult.
- **Thermal** burns from hot objects like curling, straightening or clothing irons cause most burns.
- **Hot** water causes more than half of all scald burns in children.



## BURN AND SCALD PREVENTION TIPS

- **Keep hot foods and drinks away** from the edges of tables and counters.
- **Put hot items down (like a cup of coffee)** before picking up or carrying a child.
- **Keep children away when you cook** by using a highchair, pack n'play, gates, or supervision of another adult.
- **Cords of appliances should remain out of reach** by winding or tucking cords away because children like to pull on cords.
- **Microwaves should not be used by young children** and only with supervision for older children. Plates, cups and foods can be hot enough to burn.
- **Test water from faucets before washing** children's hands, feet, or other body parts. Water can be unexpectedly hot and scald any age child. Check to be sure that the hot water heater that supplies your home is set at or below 120° F.
- **Supervise children** near grills or in the presences of fireworks.



## S.T.O.P. : FIRST AID FOR BURNS

**S** Strip off wet clothes and any jewelry.

**T** Turn cool water on and run over burn immediately, for at least 3-5 minutes.

**O** Organize medical assistance by calling 911 if the burn is more than the size of one of your child's palms.\*If smaller than one palm, then call Primary Care Provider for next steps.

**P** Protect burn with a clean dry cloth. DO NOT apply creams, ointments, sprays or other home remedies.



## RESOURCES

- **Food/Housing/Crisis Support:** The 2-1-1 Infoline has many resources (housing, utility assistance, food assistance, and crisis support). **Visit [www.211ct.org](http://www.211ct.org) or call 2-1-1.**
- **Child Development Infoline 2-1-1:** (CDI) supports children's healthy development starting from pregnancy with information, support, and referrals to CT programs and services for children and their families. **Call 1-800-505-7000 or visit their website at <https://cdi.211ct.org>.**
- **Parent-Child Supports:** Office of Early Childhood Home Visiting Programs support new parents and their child by answering questions, providing information on early childhood development, and connecting families to resources. You can connect to home visiting virtually during the COVID-19 crisis by calling **800-505-7000**. Medical Questions: Most primary care providers offer virtual visits. Call your primary care provider or the baby's pediatrician for specific questions/concerns.
- **Talk Line for Parent Support:** The "CT When it Builds Up, Talk it Out" talk line is for any parent who needs support. **Call 833-258-5011** to speak to a trained professional or visit **[www.talkitoutct.com](http://www.talkitoutct.com)**.
- **Child First:** Helps to heal and protect children and families from the effects of chronic stress and trauma by fostering strong, nurturing, caregiver-child relationships, promoting adult capacity and connecting families with needed services and supports **<https://www.childfirst.org/our-network/state-affiliates/connecticut>**.
- **Abuse in Your Relationship/Unsafe at Home:** Bilingual advocates are available at CT Safe Connect for safety planning, counseling, online restraining orders, and a safe connection to local domestic violence organizations for ongoing support, 24/7. Services are confidential, safe, free, and voluntary. Visit **<https://ctsafecconnect.com> or call 888-774-2900**.
- **Mental Health and Substance Use Support:** Call the access line 24/7 at **800-563-4086** or visit **<https://portal.ct.gov/DMHAS/Programs-and-Services/Finding-Services/Finding-Services>**.
- **Warm Line:** The Warm Line is a mix of self-directed, empowering support and education that includes resources from Beacon Health Options. Call toll-free at **877-552-8247**.