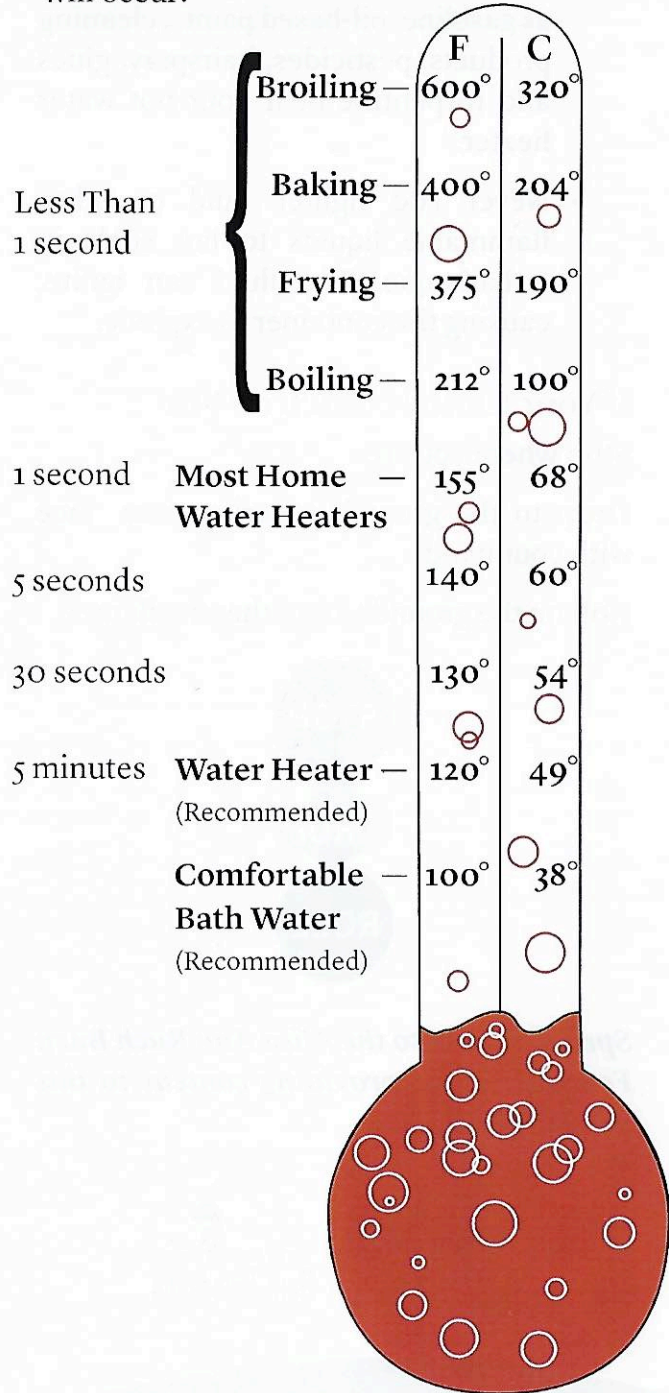


Length of time in which 2° and 3° burns will occur:



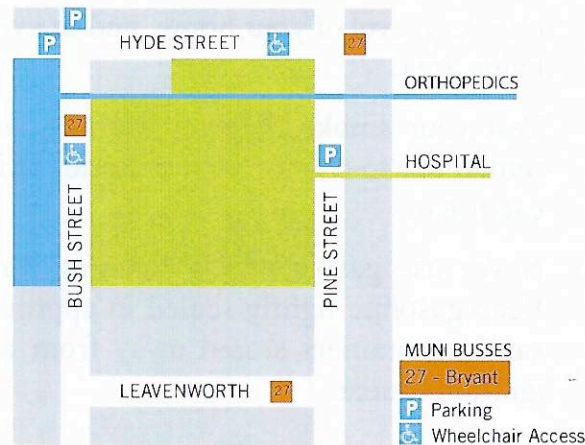
## Bothin Burn Center

### Location/Parking

900 Hyde Street  
 San Francisco, California 94109  
**Phone** 415.353.6255 **Fax** 415.353.6258  
**Garage:**  
 1234 Pine Street Garage  
 (between Leavenworth & Hyde)

**Hours:**  
 5:30AM-12:30AM Weekdays  
 6:00AM-12:30AM Weekends & Holidays

**Valet Parking:**  
 7:00AM-5:00PM Monday-Friday



[www.saintfrancismemorial.org](http://www.saintfrancismemorial.org)

8630-1009 (8/15)

# Bothin Burn Center

It Only Takes a Second to  
 Change Your Life Forever



## Prevent Scalds

- Turn your hot water heater down to 120°F (low setting).
- Never leave a small child unattended in the bath or shower.
- Turn pot handles towards the rear when cooking. Try to always cook on back burners. Never wear loose clothing when cooking.
- Keep young children out of the kitchen while cooking.
- Be cautious while using the microwave. Liquids and filling in doughnuts, pies, tarts, etc. can become superheated (600°F or more) and may explode when moved.
- Avoid having hot liquids or dishes at a table where there are children.
- Never cool hot liquids on the ground/floor.
- Never use water to extinguish a cooking oil/grease fire. Using an oven mitt, carefully place a lid over the pan and remove the pan from the heat source. Baking soda can also be used to smother a grease fire.

## Emergency Burn Care

- Remove from heat source.
- Immediately flood the burned area with cold water. Cool continuously for 15–20 minutes.
- If the burn is serious, seek medical attention immediately.
- Do NOT put ice, butter or lotions on a burn. Do not use ointments immediately after you are burned.
- Do not puncture blisters.

## Plan for Safety

- Plan and practice a home escape route. Make sure you know at least two exits from each room, in case one exit is blocked.
- Establish a meeting place (mail box, telephone pole) outside your home in the event of a fire.
- Install smoke detectors in each bedroom, on every level of your home, and in every living area.
- Test your smoke detector monthly and remember to change your batteries twice each year.
- Never use gasoline as a cleaning fluid. Keep gasoline tightly sealed in approved safety containers stored away from any ignition source.

- Do not store flammable liquids such as gasoline, oil-based paints, cleaning products, pesticides, hairspray, glues and turpentine near your hot water heater.
- Never add lighter fluid or other flammable liquids to hot coals in a barbeque. The fluid can ignite, causing the container to explode.

## If Your Clothes Catch on Fire...

**Stop** where you are.

**Drop** to the ground, covering your face with your hands.

**Roll** on the ground to smother the flames.



*Special thanks to the Alisa Ann Ruch Burn Foundation for providing content to this fire safety brochure.*

