

Enjoy An Active Outdoor Lifestyle

Hot Tips for Preventing and Treating Burns

(NAPSA)—Families enjoying an active outdoor lifestyle know that grilling and camping, among other fun activities, present some dangers, especially burns. To keep your family safe, consider a few hot tips for preventing and treating burns.

Grilling in the Backyard

- Follow manufacturers' directions when using grills.
- Use only commercial starting fluid to light charcoals. Never use gasoline or other flammable liquids.
- Never add starter fluid to hot coals. They could catch fire and explode.
- Thoroughly extinguish hot coals before disposal.
- Supervise children at all times when grills are in use.
- Establish a three-foot "keep away zone" for children around grills.
- Do not wear loose-fitting clothing. Tie or pin up long hair.

When Camping

- When camping out and a fireplace is not available, build campfires in a cleared area.
- Adult supervision is especially important when children toast foods over the fire.
- Be aware that flaming marshmallows could ignite hair or clothing.
- Keep a supply of water or an extinguisher within easy reach.
- Store firewood at a safe distance from the campfire.



To protect against burns, always supervise children when grills are in use.

- Do not leave a burning campfire unattended.
- Make sure coals are thoroughly extinguished before disposal.

At Home or Away

Doctors recommend you keep a burn ointment like Burn Jel Plus on hand in case of an accident. Burn Jel Plus, from Water-Jel Technologies, the world's leading provider of professional burn treatments used by EMS workers, simultaneously cools the skin, relieves pain and helps prevent infection. It is available at chain stores such as CVS, Rite Aid, Walgreens and Wal-Mart.