

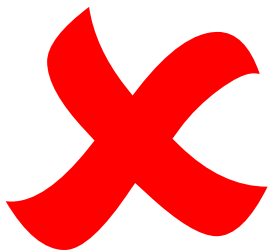
Prevention of Steam Inhalation burns

Factsheet

- Steam inhalation is one of the most widely used home remedies to relieve symptoms of a cold. Also called steam therapy, it involves the inhalation of water vapour. The warm, moist air is thought to work by loosening the mucus in nasal passages, throat, and lungs which may relieve symptoms of inflamed, swollen blood vessels in nasal passages.
- Despite this there is no good evidence that it is effective
- Steam inhalation may be a safe if done right, but it's very possible to hurt yourself unintentionally if you're not careful.
- There is a high risk of scalding if accidentally knocking over the bowl of hot water into your lap, which can cause severe burns in sensitive areas.
- Steam inhalation isn't advised for children due to the risk of burns.



- ✓ Use an electric steam inhalation machine if possible
- ✓ If using a bowl of water and towel
 - Use hot, not boiling water (stand kettle 5-10 minutes)
 - Make sure the bowl of hot water is on a level, sturdy surface and can't be knocked over. In the sink is considered ideal.
 - Keep the bowl of hot water out of reach of children or pets.
 - Keep the towel away from the water



- ✗ Do not use a bowl of hot water on a lap or uneven surface.
- ✗ Do not shake or lean on the bowl.
- ✗ Do not allow the steam to make contact with your eyes.
- ✗ Do not place the bowl on the ground



First Aid for Burns

If you, or someone you know is burnt, take the following actions:

1. Remove clothing and jewellery
2. Apply cool running water to the burn for **20 minutes** (effective up to 3 hours after injury)

Spraying water or alternating wet cloths can help if limited water. If no water available, a hydrogel burn first aid dressing can be used until water is available. Caution use on large %TBSA due to hypothermia.

Do NOT use ice, butter, creams or alternatives

3. Cover burn with clean cloth and keep the patient warm
4. Seek medical attention for any burn bigger than 3cm; or with blisters; or if any other concerns