



# Illinois Fire Safety Alliance

Dedicated to Fire Safety, Burn Prevention, and Supporting Burn Survivors

## “Burns Are Preventable” Burn Awareness Week Observed February 6-12

**Mount Prospect** – As national Burn Awareness Week approaches, the nonprofit Illinois Fire Safety Alliance (IFSA) provides important tips to prevent burn injuries from occurring.

Burn Prevention Week occurs each year during the first full week of February. This year’s observance is February 6-12 with the theme, “Burning Issues in the Kitchen!”

“Raising awareness for burn prevention is important because burns are preventable,” says Philip Zaleski, Executive Director of the IFSA. “The American Burn Association reports nearly half a million injuries each year that require treatment in emergency departments, clinics, and physicians’ offices each year.”



Burns are also costly. Research America reports that burn-related medical costs exceed \$1.5 billion per year, and indirect costs exceed \$5 billion per year.

“Extensive burn injuries are lifelong. Not only do the injuries from burns require extensive treatment, but those injuries are also prone to recurring infection and injury. Scar tissue doesn’t sweat or stretch, so the chance of repeated injuries to the affected areas is fairly high,” Zaleski adds.

To prevent cooking-related burn injuries, the Illinois Fire Safety Alliance recommends that individuals:

- Avoid distractions and keep their attention to food cooking
- Turn pot handles away from the edge of the stove
- Use clean and dry oven mitts when handling pots and pans
- Clear a 3-foot distance around the stove as a child and pet-free zone
- Keep cords for appliances out of reach of children
- Keep a fire extinguisher in the kitchen
- Be prepared to cover a pot or pan with a lid or cookie sheet in the event of a grease fire
- Use microwave safe cookware that allows for steam to escape

If an individual does suffer a burn or scald:

- Treat the burn right away with cool water for three to five minutes

- Cover the burn with a clean, dry bandage or cloth
- Do not apply creams, ointments, sprays, or other home remedies
- Remove all clothing, diapers, jewelry, and metal from the burned area as these objects can hide underlying burns and retain heat

To learn more about fire safety and burn prevention, visit the IFSA website at [www.IFSA.org](http://www.IFSA.org).

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**ABOUT THE ILLINOIS FIRE SAFETY ALLIANCE:** Since 1982, the Illinois Fire Safety Alliance (IFSA), a 501(c)(3) non-profit organization, has been bringing together persons and groups with common interest in fire safety, burn prevention, and public education, and to promote programs and disseminate information related to fire safety and burn prevention. The IFSA also hosts burn survivor support programs including Camp "I Am Me," a unique week-long camp for children who have experienced severe burn injuries. Additional information on the Illinois Fire Safety Alliance can be found at [www.IFSA.org](http://www.IFSA.org).

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