

# Burn Care

Know how to care for your burn to prevent infection. Make sure you:

- Keep the burned area raised above the level of your heart.
- Keep the bandages clean and dry.
- Change the bandages each day. Follow these steps:
  1. Wash your hands well with soap and water before touching your burn or bandages.
  2. Remove the old bandages. If the old bandages stick to the burn, soak them off with warm water.
  3. Clean off the old cream or ointment with a washcloth wet with warm water and a gentle soap or baby shampoo. Try not to break blisters.
  4. Wash your hands again.
  5. Apply cream or ointment as directed by your doctor:
    - Apply silver sulfadiazine (Silvadene Cream) in a thin layer about the thickness of a nickel.
    - Apply \_\_\_\_\_ antibiotic ointment. Use just enough ointment to make the burn look shiny.
  6. Follow the direction from your doctor:
    - Do not cover your burn with a bandage.
    - Use non-stick gauze covered with several layers of dry gauze.
    - Use non-stick gauze over antibiotic cream or ointment then several layers of dry gauze.
    - Other \_\_\_\_\_

# Daryeelka Gubashada

Ogow sida loo daryeelo gubashadaada si aad uga hortagtid malaxaysi.

Xaqiiji in aad:

- Meesha gubatay kor uga qaaddid heerka wadnahaaga.
- Faashadaha nadiifi oo ha engegnaadaan.
- Faashadaha beddel maalin kasta. Tallaabooyinkaan raac:
  1. Si fiican gacmaha isaga dhaq saabbuun iyo biyo ka hor inta aadan taabannin meesha gubatay ama faashadaha.
  2. Faashadihii hore ka saar meesha. Haddii faashadihii hore ay ku dhegeen meesha gubatay, biyo diirran ku qoy.
  3. Dheehii ama boommatadii hore isaga nadiifi maro biyo diirran lagu qooyey iyo saabbuun fudud ama shaambada carruurta. Isku day in aadan jebin qolofa.
  4. Gacmaha mar kale iska dhaq.
  5. Dheeh ama boommaato u mari sida uu takhtarku ku faray:
    - Iska mari silver sulfadiazine (Dheeha Silvadene) oo la saaray lakab khafiif ah oo dhumucdiisu la mid tahay sida nickel.
    - Mari \_\_\_\_\_ boommaato antibiyootiko ah. Isticmaal boommaato kugu filan si aad meesha gubatay uga dhigtid mid u eg sidii wax dhalaalaya.
  6. Raac jiheynta takhtarkaaga:
    - Meesha gubatay ha ku daboolin faashad.
    - Isticmaal sharooto aan meesha ku dhegeynin oo lagu daboolay dhowr lakab oo faashad engegan ah.
    - Isticmaal sharooto aan meesha ku dhegeynin ama dheeh antibiyootiko ah ama boommaato ka dibna dhowr lakab oo sharooto engegan ah.
    - Wax kale \_\_\_\_\_

Burn Care. Somali.

**For burns on hands or feet, always place a layer of gauze between fingers or toes.**

- Gently exercise the area four times a day by bending the joints 10-20 times. Gentle exercise helps prevent stiffness.
- Drink plenty of liquids, at least 10-12 glasses a day.
- Eat extra protein found in meat, eggs, fish, chicken and dairy products. Eat foods high in Vitamin C such as fruits, especially citrus fruits, and vegetables. Good nutrition will help your burn heal.

Call your doctor **right away** if you have:

- Redness or swelling around the wound
- Red streaks going up your arm or leg
- Pus draining from the wound
- Fever greater than 101° F or 38° C
- Increasing pain or pain that is not relieved by medicine
- Foul odor noted **after** the wound has been cleaned and the old dressing has been thrown away

If you cannot reach your doctor, go to the Emergency Room.

**Gubashooyinka gacmaha ama cagaha, mar kasta saar sharooto inta u dhexeysa faraha ama suulasha.**

- Si tartiib ah meesha ugu jimci afar mar maalintiiba adigoo soo laabaya kala goosyada 10-20 goor. Jimcin tartiib ah waxay ka caawinaysaa ka hortagga in meesha taaganto.
- Cab cabitaanno fara badan, ugu yaraan 10-12 koob maalintiiba.
- Cun borotiin dheeraad ah oo laga helo hilibka, ukunta, kalluunka, digaagga iyo waxyaabaha caanaha laga sameeyo. Cun cuntooyin ay ku badan yihiin Fitamiin C sida furutooyinka, gaar ahaan furutada liinta, iyo khudrad. Nafaqo wanaagsan waxay kaa caawin doontaa in gubashadu ay bogsato.

**Isla markiiba** wac takhtarkaaga haddii aad:

- Isku aragto guduudasho ama barar dhaawaca dhinacyadiisa ah
- Xarriiqyo guduudan oo gacantaada ama lugta kor ugu saaqaya
- Malax dhaawaca ka soo burqanaysa
- Qandho ka sarraysa 101° F ama 38° C
- Xanuun sii kordhaya ama xanuun aysan daawadu kaa baabi'in karin
- Ur xun oo aad ogaato marka dhaawaca la nadiifiyo ka **dib** oo dhayiddii horena laga tuuray

Haddii aadan takhtarkaaga gaari karaynin, aad Qolka Gargaarka Deg-degga.

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