

### **Anne Agar's First Aid Tip**

Always carry 2 Vitamin E 400mg capsules in a little tablet box.

For a minor scald or burn, this is what I do, and advise:

First hold the injured part under gently running cold water, to take the heat out. Do this for a few minutes. Pat the area dry with a clean tissue or cloth, then pierce a vitamin E capsule and apply the oil from the capsule on to the injury.

This eases the pain immediately and starts the healing process. Swallow the other capsule with a glass of water if possible. Your body will put it to good use and the scald or burn will heal faster.

Apply a dressing if there's one available, to avoid further pain which would be caused if the area was rubbed in any way – and to keep it clean.

Re-apply the oil as necessary. Continue taking one capsule a day until healed.

For children, squeeze some of the oil on to the burn or scald as soon as possible, and squeeze some on to a spoon or directly on to their tongue, then offer a drink of water. I always carry Vitamin E!

**Please Note: This is only for Minor burns or scalds.  
A more serious burn would require medical attention quickly as the injured person is likely to suffer shock, which can be very serious.**