**Burns**

Burns are among the most common household injuries, especially in children. The term “burn” means more than the burning sensation associated with this injury. Depending on the cause and degree of injury, most people can recover from burns without serious health consequences. More serious burns require immediate emergency medical care to prevent complications and death.

**Burn Levels**

There are three primary types of burns: first-, second-, and third-degree. Each degree is based on the severity of damage to the skin, with first degree being the most minor and third degree being the most severe. Damage includes:

* first-degree burns: red, non-blistered skin
* second-degree burns: blisters and some thickening of the skin
* third-degree burns: widespread thickness with a white, leathery appearance

There is also technically a fourth-degree burn. In this type, the damage of third-degree burns extends beyond the skin into tendons and bones.

Burns have a variety of causes, including:

* scalding from hot, boiling liquids
* chemical burns
* electrical burns
* fires, including flames from matches, candles, and lighters
* excessive sun exposure

First-degree burns cause minimal skin damage. They are also called “superficial burns” because they affect the outermost layer of skin. Signs of a first-degree burn include:

* redness
* minor inflammation (swelling)
* pain
* dry, peeling skin (occurs as the burn heals)

First-degree burns are mostly treated with home care. Healing time may be quicker if you treat the burn sooner. To treat this type, you can:

* soak the wound in cool water for five minutes or longer
* take ibuprofen [ˌaɪbjuːˈprəʊfən] for pain relief
* apply aloe vera gel or cream to soothe the skin
* use an antibiotic ointment and loose gauze to protect the affected area

Second-degree burns are more serious because the damage extends beyond the top layer of skin. This type of extensive damage causes the skin to blister and become extremely red and sore.

Third-degree burns are the worst burns. They cause the most damage, extending through every layer of skin. The damage can even reach the bloodstream, major organs, and bones, which can lead to death.

1. What is a burn?
2. How burns are classified?
3. What are causes of burns?
4. What are signs of a first-degree burn?
5. How can we treat a first-degree burn?
6. What is a second-degree burn?
7. What can a third-degree burn reach?

**Найдите соответствие между словосочетаниями**

|  |  |
| --- | --- |
| ointment  gauze  degree of injury  health consequences  emergency medical care  top layer of skin  chemical burns  apply gel  pain relief | верхний слой кожи  химический ожог  наносить гель  степень травмы  мазь  облегчение боли  неотложная медицинская помощь  марля  последствия для здоровья |

**Переведите предложения на английский язык**

1. Травмы бывают нескольких типов: синяк, рана, ожог, перелом, вывих сустава и растяжение связок.
2. Сотрясение наименее опасная травма головы.
3. Перелом может быть открытым и закрытым.
4. Ожоги бывают трех типов: 1-й. 2-й и 3-й степени.
5. Ожоги третий степени опасны для жизни.
6. Ожог первой степени повреждает верхний слой кожи.