



BRUISE

A discolored area on the skin, usually round, and colored blue, black and purple

INJURY

A bruise (or contusion) is caused when a fall or a blow to the body damages blood vessels called *capillaries*. When damaged, the capillaries leak blood just below the surface of the skin, which results in the discoloration that the bruise is known for. The size and shape of the bruise will depend on the type and force of the blow that caused it. These contusions are a normal reaction to injury, and usually disappear after the area has healed. If the bruises occur frequently without being triggered by injury, seek help.

Symptoms:

- Blue, black or purplish discoloration on the skin
- Pain and tenderness of discolored area
- Swelling

DO:

- Apply an ice pack immediately, for about 15 to 20 minutes, three to four times a day.
- If the bruise is on a limb and is large, elevate it above the level of your heart for 24 hours to lessen blood flow to the injured area.

DON'T:

- Don't touch or massage the bruise, as it will worsen the injury.

A bruise is characterized by a "black and blue" discoloration of the skin's appearance due to a hard blow.



BURN

Red, blackened skin due to exposure to fire, chemicals or other hot objects

CAUSES

EXCESSIVE HEAT

A burn occurs when the skin comes in contact with excessive heat. If the source of heat is a liquid, the resulting injury is called a "scald". These burns are classified into three degrees: *First-degree burns* are superficial, injuring the outermost layer of the skin. These can be treated at home. On the other hand, *second-degree burns* affect the outer and second layers of skin and are more serious. *Third-degree burns* are the most severe, and may affect as deep into the body as the nerve endings or bones. Second and third-degree burns require immediate attention, and emergency help must be sought.

Symptoms:

- Redness of skin
- Pain in injured skin and surrounding area
- Swelling
- Blisters, blackened skin (in second-degree burns)
- Red, brown, white or black skin in affected areas (in third-degree burns)
- Fluid oozing out of some parts of the body (in third-degree burns)
- No pain despite serious burn (in third-degree burns)

DO: (for first-degree burns)

- Remove the cause of the burn.
- Wash the affected area under cold running water and apply an ice pack to help relieve the pain.
- Try applying aloe vera after pain has subsided.

DO: (for second and third-degree burns)

- Seek medical help immediately.

DON'T: (for first-degree burns)

- Don't use an anaesthetic to relieve the pain, as it might delay healing. Try over-the-counter pain relievers such as ibuprofen and acetaminophen.