

Public Alert

Beware of Severe Scalding with Steam Inhalation

We are concerned about recommendations on social media, for the use of Steam Inhalation as a home treatment during the Covid – 19 Pandemic, leading to a rise in people suffering burn and Scald Injuries.

Do Not place a bowl of Hot Water on your Lap - Use a Fixed Surface

Use the Sink to fill with Hot Water



Run the Shower on Hot and Sit within the room to Inhale

Never Leave Hot Water Unattended Around Children

Please note there is NO EVIDENCE of any benefit with the use of Steam Inhalation as a treatment for Covid - 19

Cochrane review, 2017 'the Current evidence does not show any benefits or harms from the use of heated, humidified air' within common cold.

https://www.cochrane.org/CD001728/ARI_heated-humidified-air-common-cold