

# Sunburn

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Sunburn occurs when skin cells are burned from direct exposure to the sun. The result can range from a mild burning sensation to severe blistering.

## **Preventing Sunburn:**

- Avoid exposure during the intense sunlight hours from 10 am to 3 pm.
- Stay out of direct sunlight - light cloud cover will not necessarily protect you from the sun.
- Apply sunscreen with a minimum of 15 SPF prior to exposure to sun. Reapply often and after swimming.
- Wear broad-brimmed hats to shadow the face, ears and neck.
- Wear light-colored and lightweight long sleeved shirts to minimize exposure to sun.
- Pay special attention around water and concrete - they all reflect the sun and will intensify its effects.

## **What to look for:**

- Skin is red, tender and warm to touch
- Blistering may occur
- Nausea or upset stomach
- Fever or chills
- Dizziness
- Rash
- Peeling skin several days later

Note: Symptoms may not appear for several hours and the full effect of the burn may take up to 24 hours to occur.

## **Treatment:**

- Apply cool compresses, moistened washcloths placed in freezer, or taking a cool bath will help minimize pain and swelling
- Apply topical treatments such aloe vera to affected areas.
- Pain medications such as aspirin or Tylenol to reduce pain and swelling.
- Consult your healthcare provider for blistering skin.