TREATING SUNBURN

ALTHOUGH IT MAY SEEM LIKE A TEMPORARY CONDITION, SUNBURN—A RESULT OF SKIN RECEIVING TOO MUCH EXPOSURE FROM THE SUN'S ULTRAVIOLET (UV) RAYS—CAN CAUSE LONG-LASTING DAMAGE TO THE SKIN. THIS DAMAGE INCREASES A PERSON'S RISK FOR GETTING SKIN CANCER, MAKING IT CRITICAL TO PROTECT THE SKIN FROM THE SUN.

SUNBURN SYMPTOMS

UNLIKE A THERMAL BURN, SUNBURN IS NOT IMMEDIATELY APPARENT. SYMPTOMS USUALLY START ABOUT 4 HOURS AFTER SUN EXPOSURE, WORSEN IN 24-36 HOURS, AND RESOLVE IN 3-5 DAYS.

SYMPTOMS MAY INCLUDE:

- RED, WARM, AND TENDER SKIN
- SWOLLEN SKIN
- BLISTERING
- HEADACHE
- FEVER
- NAUSEA
- FATIGUE

THE PAIN FROM SUNBURN IS WORSE 6-48 HOURS AFTER SUN EXPOSURE. SKIN PEELING USUALLY BEGINS 3-8 DAYS AFTER EXPOSURE.

FIRST AID

1. TAKE FREQUENT COOL BATHS OR SHOWERS TO HELP RELIEVE THE PAIN. APPLY A MOISTURIZER TO HELP TRAP THE WATER IN YOUR SKIN. THIS CAN HELP EASE THE DRYNESS.
2. APPLY A HYDROCORTISONE CREAM THAT YOU CAN BUY WITHOUT A PRESCRIPTION. DO NOT TREAT SUNBURN WITH "-CAINE" PRODUCTS (SUCH AS BENZOCAINE), AS THESE MAY IRRITATE THE SKIN OR CAUSE AN ALLERGIC REACTION.
3. CONSIDER TAKING OVER-THE-COUNTER PAIN RELIEVERS TO HELP REDUCE ANY SWELLING, REDNESS AND DISCOMFORT.
4. DRINK EXTRA WATER. A SUNBURN DRAWS FLUID TO THE SKIN'S SURFACE AND AWAY FROM THE REST OF THE BODY. DRINKING EXTRA WATER WHEN YOU ARE SUNBURNED HELPS PREVENT DEHYDRATION.
5. IF YOUR SKIN BLISTERS, ALLOW THE BLISTERS TO HEAL. BLISTERING SKIN MEANS YOU HAVE A SECOND-DEGREE SUNBURN. YOU SHOULD NOT POP THE BLISTERS, AS BLISTERS FORM TO HELP YOUR SKIN HEAL AND PROTECT YOU FROM INFECTION.
6. TAKE EXTRA CARE TO PROTECT SUNBURNED SKIN WHILE IT HEALS. WEAR CLOTHING THAT COVERS YOUR SKIN WHEN OUTDOORS. TIGHTLY-WOVEN FABRICS WORK BEST.

FOR MORE INFORMATION ON TREATING SUNBURN, VISIT:
HTTPS://WWW.AAD.ORG/PUBLIC/EVERYDAY-CARE/INJURED-SKIN/BURNS/TREAT-SUNBURN

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