



# Sunburn



## What is it?

**\*Sunburn**- usually a first-degree burn, outer layer of the skin

## Signs and Symptoms:

**\*Heat Stroke**- dry skin, hot, red, confusion

**\*Dehydration**- dry mouth, sticky saliva, dark urine in small amounts

**\*Heat Exhaustion**- sweating, pale or flushed skin that is cool or moist, headache, fatigue, weakness, nausea, dizziness

**\*Headache**- lie down in a quiet, cool area; can also cause nausea/vomiting or flu like symptoms

**\*Fever**- cool baths, compresses; also have chills

**\*Pain**- aspirin (AVOID if less than 21 years of age), acetaminophen

**\*Itching**- use lotion or benadryl at night

**\*Peeling**- part of the healing process; skin loss 4 to 7 days after exposure

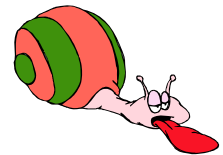
## Facts:

**\*Repeated Sunburns**- increase the risk of skin cancer

**\*Sweating**- cools the skin

**\*Babies**- do not expose to direct sunlight, watch for signs of heat exhaustion or dehydration

**-AVOID-** sunscreen on babies less than 5 months



## What can I do?

**\*See your Physician**- fever higher than 101 degrees F, severe blistering

**\*See RD for help as needed**

**\*See FFF RD on line for help**

**\*Severe**- if an infant, children, geriatric person even if a first degree burn

**\*Always**- wear sunglasses, a hat or cap, cover-up, SPF sunscreen 30 or higher, apply sunscreen every 2 hours, if swimming reapply the sunscreen every 1 hour, drink lots of water and fluids

**\*UV Protection**- check your sunglasses, broad spectrum sunscreens often protect the sun from UVA and UVB which are two harmful sun rays

**\*Sunscreen**- apply evenly, apply over the entire body

**\*AVOID**- sunlight between 10:00 AM and 4:00 PM

