

SUNBURN RELIEF

Summer means outside activities are plentiful. Don't forget about sun safety and applying sunscreen before you head out the door.

Here are steps you can take to ease the pain of a bad sunburn:

1. Act Quickly

It takes four to six hours for the symptoms of a sunburn to develop. If you see signs of pink or red on your skin, get out of the sun and start treatment.

2. Moisturize

Apply lotion or some form of moisturizer to your skin. This will help decrease noticeable peeling. You can even apply hydrocortisone cream for a day or two to reduce discomfort.

3. Hydrate

Burns draw fluid to the surface of the body which can cause dehydration. Be sure to drink extra fluids and refrain from alcohol or other diuretics, such as caffeine. Children are especially vulnerable so pay close attention for any signs of dehydration.

4. Don't Wait to Medicate

Take ibuprofen as soon as you see signs of sunburn and for the following 48 hours. Ibuprofen will decrease some of the swelling and potentially prevent long term damage.

5. Assess the Damage

Most sunburns, even those that cause a few blisters, can be treated at home. But if a blistering burn covers 20% or more of the body (a child's whole back), seek medical attention. Anyone with a sunburn who is suffering fevers and chills should also consider medical help. Use sunscreen, cover up with clothing, hats and avoid the sun as much as possible between 10 a.m. and 4 p.m.

[Sun Protection Advice from the Skin Cancer Foundation](#)