

# Sunburns

## What is it?

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

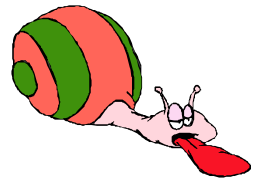


## Signs and Symptoms:

- **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 Health Care Provider**- fever higher than 101 degrees F, severe blistering
- **See Registered Dietitian or a FFF RD on line**- for help as needed
- **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, drinks 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

