



SUNBURN

Red, swollen, painful and sometimes blistered skin from staying under the sun too long

CAUSES

Sunburn occurs when a person's skin is exposed to too much ultraviolet radiation from the sun or from artificial sources (i.e. tanning beds). Sunburn is common to people with lighter skin shades because of their lack of *melanin*, the pigment which protects the skin from UV rays. This is not an overly serious condition except when experiencing third-degree burns.

Prolonged exposure to the sun throughout one's life may increase the likelihood of skin cancer when older.

Symptoms:

First-degree sunburn

- Red skin with the sensation of being hot when touched
- Itching, burning sensation with mild pain
- After several days, peeling skin

Second-degree sunburn

- Aforementioned symptoms
- Swollen skin with weeping sores

Third-degree sunburn

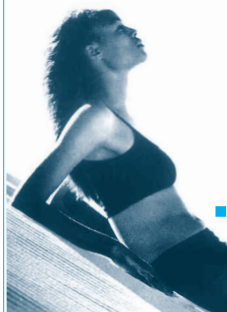
- Aforementioned symptoms
- Sunstroke which involves dizziness, nausea, vomiting, fever, chills, weakness

DO:

- Apply a liberal amount of calamine lotion on sunburned skin.
- Drink plenty of liquids, especially water.
- If the pain and heat are too intense, try soothing the affected area/s with cool compresses made from towels dipped in cool water. Do not rub on red area, simply place towels above it.
- A cool bath can also do wonders for the sunburned skin. Add ½ cup baking soda or over-the-counter oatmeal products.
- When going outdoors, an SPF 15 or higher sunscreen can prevent sunburn. Apply even when it is overcast or cloudy every two hours.

DON'T:

- Do not expose skin further to the sun's harmful UV rays. Stay indoors for the meantime while letting the burn/s heal.
- Do not make it a habit to visit tanning salons to get that natural tanned look – use tanning sprays as an alternative.
- Do not expose yourself to the sun between 10:00 am to 4:00 pm when the sun's rays are strongest and most harmful.



When exposing yourself to the sun, make sure to protect your skin with sunscreen lotion.