

## Fast Facts

### Sunburn

- Caused when skin is exposed to too much ultraviolet (UV) light
- Two main types of UV light: ultraviolet A (UVA) and ultraviolet B (UVB)
  - Both increase risk of developing skin cancer
  - UVA is most associated with skin aging (photoaging)
  - UVB is associated with sunburn
- Main source of UV light is the sun, but can be exposed if use tanning beds or sunlamps
  - Up to 80% of UV light can pass through clouds
  - Certain surfaces, like snow, sand and water, can reflect UV
  - UV light is more intense at higher altitudes
- Can get a sunburn on cloudy days or in certain conditions that you might not expect

<b>Symptoms</b>	<b>Treatment</b>	<b>Prevention</b>
<ul style="list-style-type: none"> <li>-Pinkness/redness to skin</li> <li>-Skin feels warm/hot</li> <li>-Have pain/tenderness/itching to the area</li> <li>-Affected area swells</li> <li>-Small fluid-filled blisters</li> </ul> <p><i>Severe sunburn:</i></p> <ul style="list-style-type: none"> <li>-Headache</li> <li>-Fever</li> <li>-Nausea</li> <li>-Fatigue</li> </ul> <p><i>Eye Damage:</i></p> <ul style="list-style-type: none"> <li>-Pain</li> <li>-Grittiness</li> </ul>	<ul style="list-style-type: none"> <li>-Don't expose area to more UV light</li> </ul> <p>Alleviate pain and discomfort:</p> <ul style="list-style-type: none"> <li>-Take a cool bath or use a cool, damp towel</li> <li>-Apply aloe/calamine lotion/gel</li> <li>-Take over-the-counter pain relievers, like ibuprofen</li> <li>-Drink plenty of water</li> <li>-Don't pop blisters</li> <li>-Gently clean open blisters with soap and water before putting antibiotic ointment on</li> <li>-Continue to moisturize areas where skin is peeling</li> <li>-Avoid any products that have products that include '-caine' in them, like benzocaine, because they can actually irritate your skin more</li> </ul>	<ul style="list-style-type: none"> <li>-Avoid doing activities outside during the middle of the day</li> <li>-Take cover in shade whenever possible</li> <li>-Wear a wide-brimmed hat, sunglasses (should fit close to your face and wrap around) and clothing that will cover your entire body (look for the UPF number)</li> <li>-Apply a broad spectrum, water-resistant sunscreen and lip balm that has a sun protectant factor (SPF) of 30 or more at least 15 minutes before going outside</li> <li>-Reapply sunscreen every 40 – 80 minutes or sooner if you're swimming or sweating</li> <li>-Put the sunscreen on before bug repellent</li> </ul> <p><i>For babies and toddlers:</i></p> <ul style="list-style-type: none"> <li>-Use shade or clothing to keep them protected</li> <li>-If neither of these are available, use sunscreen that have actual physical blockers, like titanium oxide or zinc oxide</li> </ul>

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