

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

Symptoms	Treatment	Prevention
-Pinkness/redness to skin -Skin feels warm/hot -Have pain/tenderness/itching to the area -Affected area swells -Small fluid-filled blisters <i>Severe sunburn:</i> -Headache -Fever -Nausea -Fatigue <i>Eye Damage:</i> -Pain -Grittiness	-Don't expose area to more UV light Alleviate pain and discomfort: -Take a cool bath or use a cool, damp towel -Apply aloe/calamine lotion/gel -Take over-the-counter pain relievers, like ibuprofen -Drink plenty of water -Don't pop blisters -Gently clean open blisters with soap and water before putting antibiotic ointment on -Continue to moisturize areas where skin is peeling -Avoid any products that have products that include '-caine' in them, like benzocaine, because they can actually irritate your skin more	-Avoid doing activities outside during the middle of the day -Take cover in shade whenever possible -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) -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 -Reapply sunscreen every 40 – 80 minutes or sooner if you're swimming or sweating -Put the sunscreen on before bug repellent <i>For babies and toddlers:</i> -Use shade or clothing to keep them protected -If neither of these are available, use sunscreen that have actual physical blockers, like titanium oxide or zinc oxide

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