

Sunburn

Sunburn can happen within 15 minutes of being in the sun, but the redness and discomfort may not be noticed for a few hours. Repeated sunburns can lead to skin cancer. Unprotected sun exposure is even more dangerous for kids who have many moles or freckles, very fair skin and hair, or a family history of skin cancer.



Signs and Symptoms

Mild

- skin redness and warmth
- pain
- itchiness

Severe:

- skin redness and blistering
- pain and tingling
- swelling
- headache
- nausea
- fever and chills
- dizziness



What to Do:

- Remove the child from the sun right away.
- Place the child in a cool (not cold) shower or bath – or apply cool compresses as often as needed.
- Give extra fluids for the next 2 to 3 days.
- Give the child ibuprofen or acetaminophen as directed, if needed, to relieve pain.
- Use moisturizing creams or aloe gel to provide comfort.
- When going outside, all sunburned areas should be fully covered to protect the child from the sun until healed.

Seek Emergency Medical Care if:

- a sunburn forms blisters or is extremely painful
- a child has facial swelling from a sunburn
- a sunburn covers a large area
- a child has fever or chills after getting sunburned
- a child has headache, confusion, or a feeling of faintness
- you see signs of dehydration (increased thirst or dry eyes and mouth)



Think Prevention!

- Minimize kids' summer sun exposure between 10 AM and 4 PM.
- Have kids wear protective clothing, sunglasses, and a hat.
- Apply sunscreen that provides UVB and UVA protection with a sun protection factor (SPF) of at least 15.
- Apply sunscreen 15 to 30 minutes **before sun exposure** and 30 minutes after exposure begins, then reapply after kids have been swimming or sweating.