

SUNBURN

Symptoms:

- Pain
- Redness
- Swelling
- Occasional blistering
- Headache
- Fatigue

Home Care/Self Treatment:

- Apply cool compress or take cool bath for 10 minute intervals four times a day
- May add ½ cup of cornstarch, baking soda, or oatmeal or over-the counter additive (Aveeno) to water
- Over-the-counter pain relievers
- Increase fluid intake
- Avoid further sun exposure
- May use over-the-counter topical lotions/ointments – Aloe Vera, etc.

Seek Medical Attention if:

- Severe swelling
- No urine output
- Confusion
- Signs of infection at site