

Sunburn – What to do



The sunny weather has arrived and lots of us are heading outside to get our vitamin D.

It's probably a good moment to remind ourselves what to do if someone **gets badly sunburnt**.

Sunburn is caused by too much exposure to the sun. The best way to avoid getting sunburnt is to avoid too much exposure to the sun, by covering up with clothing and applying plenty of sun cream.

Most sunburn is not serious and clears up within a few days. In severe cases though, it can be dangerous and require treatment from a doctor.

So, what are the signs of sunburn?

You may have red skin, soreness in the area of the burn and if the burn is severe you may see blistering of the skin.

What you need to do

Move out of the sun – ideally indoors or into the shade if it's not possible to get inside. Remember you may be able to create shade if you are in an exposed area with little cover. **Take some sips of cold water**. **Cool the area** using cool water. You can use a sponge, or you may choose to soak the area in a bath or shower.

If the skin doesn't blister, then it is mild. After-sun or calamine lotion can be used to help soothe the area.

If the skin **blisters** or there is other **skin damage**, the burn is severe. You will need to **see a doctor** in the case of severe sunburn.

Look out for symptoms of heat exhaustion or heatstroke, including shivering, dizziness and feeling sick. This can be life threatening without treatment.

Contact us if you have any other questions about first aid for someone who is suffering from sunburn.