



Got Burned?

Here's How to Treat It

The sun's ultraviolet radiation (UV) can be most intense in the months of July and August – the dog days of summer. If you're not careful about protecting your skin, you may find yourself with a mild or severe sunburn.

Sunburn is the reddening, swelling, or blistering of the skin caused by overexposure to UV. Sunburns can become severe because the signs may not be seen or felt right away. In fact, the full effects of sunburn can take up to 18 hours to appear. Signs of sunburn can include red and tender skin, swelling, blistering, sensitivity to heat, and painfulness upon touching. Severe sunburning can lead to nausea, vomiting, dizziness, and flu-like symptoms. If you experience severe pain and chills, it is a good idea to consult your doctor about medical attention.

TREATING A SUNBURN

1. **Take a lukewarm bath with colloidal oatmeal (Aveeno).**
2. **Rest in a cool room.**
3. **Apply aloe vera gel.**
4. **Take aspirin (adults only) or ibuprofen to control discomfort.**
5. **Stay well hydrated.**
6. **Apply hydrocortisone cream 1% (over-the-counter) two to three times a day.**
7. **Apply moisturizers liberally (make sure the moisturizer does not contain alcohol).**
8. **Cover up and protect yourself from the sun.**

Please consult your physician for personalized medical advice. Always seek the advice of a physician or other qualified healthcare provider with any questions regarding a medical condition.

Also, per the FDA, there are certain types of medicines that can cause sensitivity to the sun. Some of these include:

- Antibiotics
- Antifungals
- Antihistamines
- Cholesterol lowering drugs
- Diuretics
- Non-steroidal anti-inflammatory drugs (NSAIDs)
- Oral contraceptives and estrogens
- Phenothiazines
- Psoralens
- Retinoids
- Sulfonamides
- Sulfonylureas for type 2 diabetes
- Alpha-hydroxy acids in cosmetics

If you have concerns about sensitivity to the sun due to medications, try to reduce your risk of sunburn by seeking shade, wearing UV-protective clothing, and applying sunscreen with an SPF of 30 or higher.