

Sunburn Condition Report

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Sun protection

healthdirect



Slip

on
protective
clothing



Slop

on SPF30+
or higher
sunscreen



Slap

on a
hat



Seek

shade



Slide

on
sunglasses



Concerned about a sunburn?

Use healthdirect's Symptom Checker to get advice on when to seek medical attention.

First degree sunburn symptoms

- Redness.
- Skin feels hot or tight.
- Pain or tenderness.
- Blistering.
- Swelling.
- Peeling skin (after several days).

You may also experience:

- Fatigue.
- Fever.
- Headache.
- Nausea.

- dressing. Do not wrap the cover tightly, as this can cut off circulation.
- Do not break open blisters.
- Avoid applying butter or other home remedies, especially immediately after sustaining the burn.
- Stay hydrated by drinking plenty of water.
- Apply cool compresses to the affected area.
- Avoid sun exposure until the sunburn has healed.
- Apply moisturizing cream, aloe vera, or over-the-counter hydrocortisone cream to the affected area.
- Lightly bandage any blistered areas to prevent infection, and apply antiseptic ointment or hydrocortisone cream to the affected area.

Can I treat sunburn at home?

You can treat most first and second degree sunburns by yourself at home. Steps you can take include:

- Remove any clothing, pieces of jewelry, or other objects that cover the burn. They may be hot, continuing to burn the skin and intensifying the severity of the burn. If it is not possible to remove clothing without damaging the skin, leave it on.
- Cool the burn by running it under cool, but not cold, water. Do not apply ice to the burn.
- Drink plenty of water or electrolyte fluids to prevent dehydration.
- Cover the burn with gauze or a loose



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