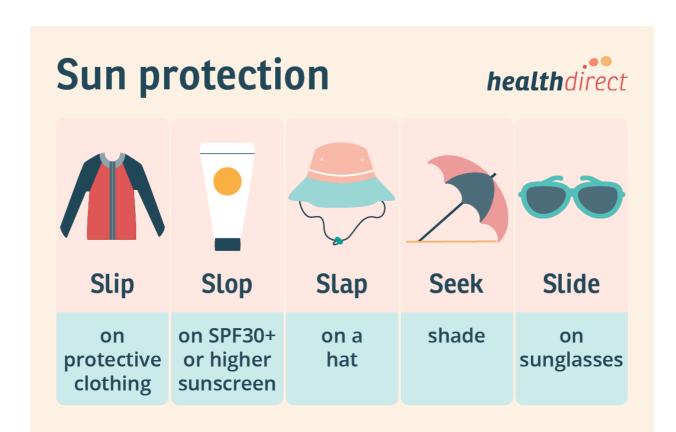
## Sunburn Condition Report

Home Sunburn Knowledge Test Sunburn Recognition





## Concerned about a sunburn?

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

## Second degree sunburn symptoms

- skin that is deep red, especially on light skin.
- swelling and blistering over a large Remove any clothing, pieces of jewelry, or
- Pain or tenderness.
- wet-looking, shiny skin.
- area of skin.

You may also experience:

- Fatigue.
- Fever.
- Headache.
- Nausea.
- Do not break open blisters.
- · Avoid applying butter or other home remedies, especially immediately after
- Take a cool bath or shower.

sustaining the burn.

- Take paracetamol, ibuprofen, or acetaminophen to relieve any pain, headaches, or
- Stay hydrated by drinking plenty of water.
- Apply cool compresses to the affected area.
- Avoid sun exposure until the sunburn has healed.
- Lightly bandage any blistered areas to prevent infection, and apply antiseptic ointment or hydrocortisone cream to the affected area.
- Apply moisturizing cream, aloe vera, or over-the-counter hydrocortisone cream to the affected area.
- Regularly moisturize the burn once the wound closes and stops draining. This can speed healing and may reduce or prevent scarring.
- Avoid rubbing, scratching, or picking at the burn, as this can reopen the wound, increasing the risk of infection.
- Drink plenty of cool water to flush the stomach and rectum.

## Can I treat sunburn at home?

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

- 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 • white discoloration within the burned 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 dressing. Do not wrap the cover tightly, as this can cut off circulation.

