

Sunburn Treatment



CALL 102 IF THE PERSON:

- Does not seem to be responding appropriately
- Has a seizure, visual changes, or any other neurologic symptoms; these could be symptoms of severe heat illness.

Call a health care provider if:

- The burn has blisters or the skin is white-appearing or numb. These are symptoms of a more-serious sunburn.
- The sunburned person is a child under one year old.

1. Rehydrate

- Replace body fluids with water, juice, or sports drinks.

2. Treat Symptoms

- Apply aloe or over-the-counter moisturizing lotion to skin as directed.
- To soothe and cool skin, take a cool bath or shower or apply cool compresses to the area.
- For pain, take ibuprofen (Advil, Motrin) or acetaminophen (Tylenol).
- If blisters form, don't break them.
- Protect your skin from further sun exposure.