



A sunburn is skin damage from the sun's ultraviolet (UV) rays. Most sunburns cause mild pain and redness but only affect the outer layer of skin. These are called first-degree burns. These sunburns are usually mild and can be treated at home. Skin that is red and painful and that swells up and blisters may mean that the deep skin layers and nerve endings have been damaged. These are second-degree burns. This type of sunburn is usually more painful and takes longer to heal.

Prevention: Babies Under 6 Months

- Avoid sun exposure—stay in shaded areas, if possible.
- Dress infants in light-weight, long pants or sleeves—brimmed hats are best.
- When adequate clothing and shade are not available, parents can apply a **minimal** amount of sunscreen (15 SPF or higher) to **small** areas.

Prevention: Children Over 6 Months

- Apply sunscreen at least 30 minutes before going outside and use sunscreen that is at least 15 SPF (Sun Protection Factor), even on cloudy days.
- Reapply sunscreen every two hours and after swimming or sweating. Be sure to apply enough sunscreen—about one ounce per sitting.
- Wear sunglasses.
- Limit your sun exposure between 10am to 4pm when UV rays are strongest.
- Still, the first and best defense against sun is covering up.

Treatment

- Use cool cloths on the sunburned areas.
- Take cool showers.
- Apply soothing lotions with aloe vera.
- A sunburn can cause a mild fever and headache. Lying down in a cool and quite room or increasing fluids may relieve the headache.
- Take anti-inflammatory medicines to reduce pain, swelling, and fever. These includes ibuprofen (Advil, Motrin) and naproxen (Aleve).
- Use lotion to relieve the itching when skin peels. There is nothing you can do to stop skin from peeling after sunburn. It is part of the healing process.

When to Call the Office

- There are signs of dehydration: sunken eyes, dry mouth, and passing only a little dark urine.
- There are signs of infection: increased pain, swelling, warmth or redness, red streaks leading from the area, pus draining from the area, swollen lymph nodes in the neck, armpits or groin, and/or a fever.
- Sunburn is not getting better.