

Sunburn

The best treatment for sunburn is prevention. Mild sunburn results in skin irritation and redness and can be safely treated at home. Severe sunburn requires medical attention.

Did You Know?

More than 90% of skin cancers are the result of sun exposure. Unprotected sun exposure is even more dangerous for kids who have many moles or freckles, very fair skin and hair, or a family history of skin cancer.



What to Do:

1. Remove the child from the sun right away.
2. Place the child in a cool (not cold) shower or bath – or apply cool compresses – several times a day.
3. Avoid creams or lotions that may hold heat inside the skin or may contain numbing medication. **Do not** put butter or toothpaste on the burn.
4. Offer the child extra fluids for the next 2 to 3 days.
5. Give the child ibuprofen (such as Motrin) or acetaminophen (such as Tylenol) as directed, if needed, to relieve pain.
6. Make sure all sunburned areas are fully covered to protect the child from the sun until healed.



Call a Doctor if the Child Has:

- sunburn that forms blisters or is extremely painful
- facial swelling from sunburn
- sunburn that covers a large area
- fever or severe chills after getting sunburned
- headache, confusion, or a feeling of faintness
- signs of dehydration (increased thirst, or dry eyes and mouth)
- signs of infection on the skin (increasing redness, warmth, pain, swelling, or pus)

Think Prevention!

Before kids go out in the sun, remember, “*Slip Slap Slop*”:

Slip on a shirt.

Slap on a brimmed hat and sunglasses.

Slop on sunscreen with an SPF of at least 15 (reapply sunscreen every 2 hours or if the child has been in water or sweating a lot).

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.

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