

Sunburn

While sunburn is usually short-lived, it's important to avoid because it can increase the chances of developing skin cancer in later life. Below are some tips on how to treat mild sunburn:

- The first thing to do if you or your child has sunburn, is to get out of direct sunlight as soon as possible
- Cool skin by sponging with cool water or have a cool bath or shower – applying a cold compress to the affected area may also help
- Drink plenty of fluids to bring temperature down and prevent dehydration
- Apply a water-based cream, emollient, or petroleum jelly (such as Vaseline) to keep skin cool and moist
- If necessary, take painkillers such as ibuprofen or paracetamol
- Try to avoid all sunlight, including through windows, by covering up the affected areas of skin until your skin has fully healed

You should contact your doctor for advice if:

- The sunburn is over a large area
- There is blistering or swelling of the skin
- You have chills or a high temperature of 100.4 F or above, or 99.5 F or above in children under five.
- There are symptoms of dizziness, headaches and feeling sick (possible heat exhaustion).

