

Sunburn

Any part of your body, including your earlobes, scalp and lips, can burn. Your eyes, which are extremely sensitive to the sun's ultraviolet light, also can burn. Sunburned eyes may feel painful or gritty.

It may take a day or longer to know the full extent and severity of sunburn.



Protect yourself from sunburn!

- Apply sunblock often. It only takes a few minutes in the hot Arizona sun to burn exposed skin. Don't forget the back of your neck, behind your ears, and the tops of your ears.



- Wear a hat and, if possible, thin loose-fitting clothing with maximum skin coverage.
- Don't forget to protect your lips! Apply chapstick with sunblock often.
- You can get sunburn on hazy or cloudy days. As much as 90 percent of UV rays pass through clouds. UV rays can also reflect off snow, ice, sand, water and other reflective surfaces, burning your skin as severely as direct sunlight.

Sunburn treatment doesn't heal your skin or prevent damage to your skin, but it can reduce pain, swelling and discomfort.

- Drink lots of water! Sunburns cause dehydration and fluid loss.
- Try nonsteroidal anti-inflammatory drugs (NSAIDs). Naproxen, Ibuprofen, and Aspirin all relieve pain, swelling and inflammation and are especially beneficial when used during the first 24 hours of sun exposure.
- Apply aloe vera.



When to see a doctor:

- If the burn is blistering and covers a large portion of your body
- If the burn is accompanied by a high fever, extreme pain, headache, confusion, nausea or chills
- If the burn doesn't respond to at-home care within a few days

Also, seek medical care if you notice **signs or symptoms of an infection**. These include:

- Increasing pain and tenderness
- Increasing swelling
- Yellow drainage (pus) from an open blister
- Red streaks, leading away from the open blister, which may extend in a line upward along your arm or leg