

# Protecting Against Sunburns

*Sunburn is skin that is damaged by the sun's ultraviolet (UV) rays. While the mild pain and redness of sunburn are usually temporary symptoms, the damage done to the skin is often permanent, such as brown spots and premature wrinkling, and can cause skin cancer. Skin cancer usually appears in adulthood, but may be due to sun exposure and skin damage that occurred in early childhood. There are several things that you can do to help minimize the risk of getting sunburn and ultimately, skin cancer.*

## Prevention

The best prevention for sunburn is to avoid sun exposure, but when that's not possible, follow these tips:

- Stay out of the sun between the hours of 10 a.m. and 4 p.m., when the sun's rays are the strongest.
- Use a sunscreen with a sun protection factor (SPF) of 15 or higher and offers both Ultraviolet-A (UVA) and Ultraviolet-B (UVB) protection. Wear sunscreen on both sunny and cloudy days.
- Apply sunscreen at least 30 minutes before going outside, and reapply every 2-3 hours or sooner if you're swimming or perspiring.
- Be sure to apply sunscreen to the following areas: scalp, face, lips, back of neck, ears, hands, arms, and tops of feet. These areas are the most common body parts that get skin cancer.
- Wear a wide-brimmed hat to protect your face and neck.
- Wear loose-fitting, tightly woven clothing that covers as much skin as possible.
- Wear sunglasses that have 100% UV protection.



## Home Treatment

If you do experience a sunburn, these treatments can provide some relief:

- Apply a moisturizing lotion with aloe vera to sunburned areas to help relieve the pain and itching.
- Take cool showers or baths.
- Use a cool cloth on sunburned areas.
- Avoid scrubbing or shaving the skin.
- Take aspirin, acetaminophen or ibuprofen to help with pain.
- Stay out of the sun until your sunburn heals, usually about 3-5 days.
- Drink plenty of water, and watch for signs of dehydration.
- Call your doctor if you have severe blistering, pain with a fever or you feel very ill.

Source: WebMD & Healthwise



Visit our Healthy Living page at [www.healthnetfederalservices.com](http://www.healthnetfederalservices.com)

PROVIDED BY HEALTH NET FEDERAL SERVICES ❤️ Preventive Care Services



Health Net<sup>®</sup>  
Federal Services