



BURN NOTICE

TIPS ON DEALING WITH THE AFTERMATH OF SUNBURN

Sunburn can sneak up on kids. Often, they seem fine during the day, but then gradually symptoms become more severe several hours after sun exposure. They develop an "after-burn" later that evening that can be painful, hot and even make them feel sick. Some may also develop chills. Because the sun has dried their skin, it can become itchy and tight. Burned skin begins to peel about a week after the sunburn. Encourage your child not to scratch or peel off loose skin because skin underneath the sunburn is vulnerable to infection.

If your child does get sunburned, these tips may help:

- Keep your child in the shade until the sunburn is healed. Any additional sun exposure will only increase the severity of the burn and increase pain.
- Have your child take a cool (not cold) bath, or gently apply cool, wet compresses to the skin to help alleviate pain and heat.
- Apply pure Aloe Vera gel (available in most pharmacies or taken directly from within the leaves of the plant) to any sunburned areas. It's excellent for relieving sunburn pain and helping skin heal quicker.
- Give your child a pain reliever like acetaminophen or ibuprofen - **DO NOT GIVE ASPIRIN**. Apply over-the-counter "after-sun" pain relievers.
- Apply topical moisturizing cream to rehydrate the skin and help reduce swelling. For the most severely burned areas, apply a thin layer of 1% hydrocortisone cream. **DO NOT** use petroleum-based products, because they prevent excess heat and sweat from escaping. Avoid first-aid products that contain benzocaine, these may cause skin irritation or allergy.

If the sunburn is severe and blisters develop, call your doctor. Tell your child not to scratch, pop or squeeze the blisters, because they can easily become infected and can result in scarring.

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