

What is
Sunburn??



Sunburn

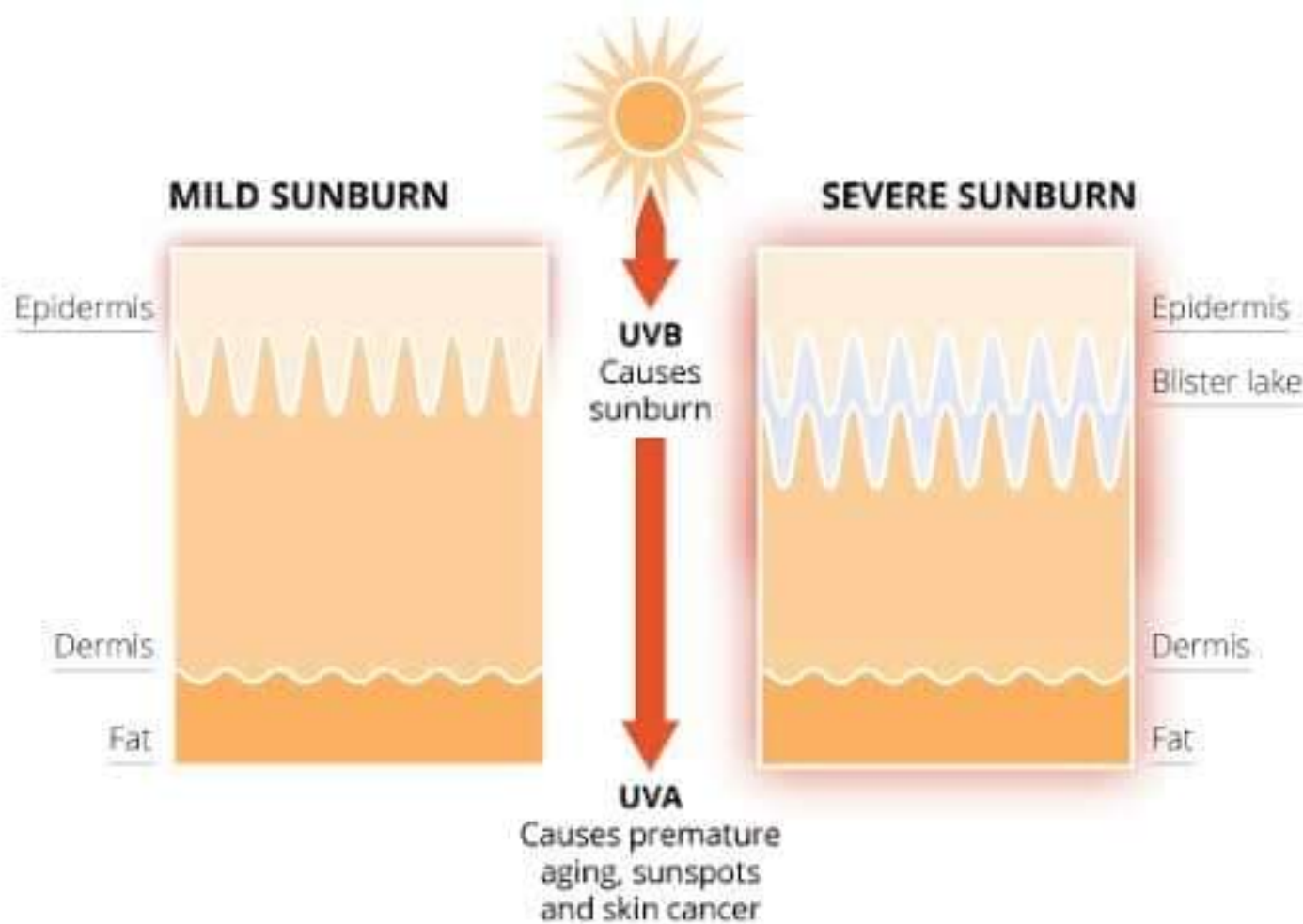
A sunburn is the skin's reaction to the ultraviolet (UV) radiation in sunlight. Eventually, UV light causes the skin to burn, bringing pain, redness and swelling. Depending on the severity of the burn, the dead, damaged skin may peel away to make room for new skin cells. Although the symptoms of a sunburn may fade after several days, the damage to your skin remains.



Sunburn peeling.
The dehydration of the epidermis causes the top layer to flake off.

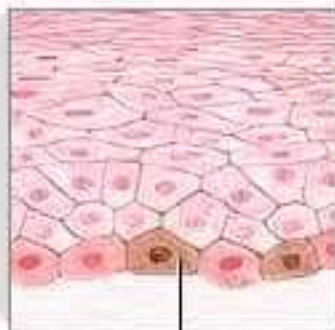
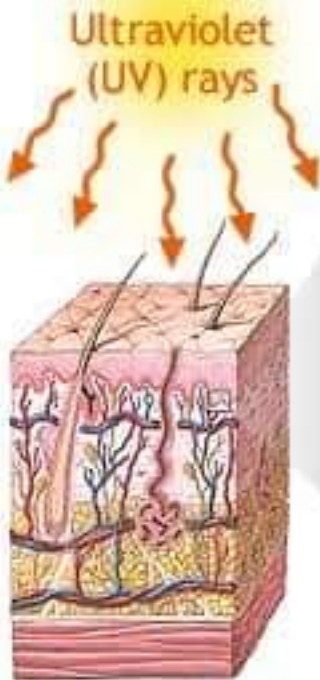
The Anatomy Of A Sunburn

When your unprotected skin is exposed to the sun, it soaks up ultraviolet A and ultraviolet B rays. Ultraviolet B rays are what are primarily responsible for sunburn — both mild and severe/blistering — while ultraviolet A rays are responsible for long-term effects, such as premature aging, sun spots and skin cancer.



If UV rays exceed what can be blocked by your level of melanin, sunburn results

Melanocytes produce melanin to protect the skin from UV rays



Melanocyte



WHAT CAUSES SUNBURN?

- Caused by ultraviolet rays of sun
- If not protected by sunscreen or not too many clothes
- Too much time in the sun

Sunburn Stages

What To Expect When You Get A Sunburn

STAGE 1

First 1-3 Hours

- Your body sends blood flow to the affected area(s)
- Skin turns pink and feels warm to the touch
- Skin may swell and feel painful

STAGE 2

First 24 Hours

- The sunburn's full effects set in
- Redness peaks
- Skin remains hot, painful and inflamed
- Skin may blister

STAGE 3

3 Days - 2 Weeks

- Skin begins to "normalize"
- Redness declines
- Skin starts to flake and peel as the body sheds damaged cells



UV Index

Exposure Level

2 or less

Low

3 to 5

Moderate

6 to 7

High

8 to 10

Very High

11+

Extreme

UV INDEX

0-2

No danger to the average person

3-5

Little risk of harm from unprotected sun exposure

6-7

High risk of harm from unprotected sun exposure

8-10

Very high risk of harm from unprotected sun exposure

11+

Extreme risk of harm from unprotected sun exposure

First degree / superficial burn



Redness of the skin is the main feature of first degree / superficial burns

Most common cause is sunburn!

Picture of Sunburn (Second-Degree)



[View More](#)



SECOND-DEGREE BURN



THIRD-DEGREE BURN



Sunburn Symptoms:

- Redness of the skin
 - Blistering skin
 - Hive-like bumps
- Painful to the touch
- Tingling of the skin
- Swelling at the site
 - Headaches
- Fever and chills
 - Nausea
 - Dizziness
 - Dehydration



Management of sunburn



- Rest the casualty in a cool place
- Place under a cold shower, in a cold bath, or sponge with cold water
- Apply cool gauze padding to the burnt area
- Give cool drinks
- Seek medical aid for young babies and casualties with blisters

COMMON **SUNBURN** TREATMENTS TO AVOID



SUNSCREEN

Sunscreen protects you from UV rays when you are in direct contact with the sun. Applying sunscreen after you have suffered sunburn will not aid skin recovery.



COCONUT OIL

Coconut oil may have moisturising benefits but there is no scientific research to suggest that it helps provide relief and speeds up the healing process for sunburn.



HONEY

Like other oils honey traps the heat inside the skin which intensifies discomfort from sunburn.



VINEGAR

Vinegar contains acidic properties which irritate the skin and can potentially cause more damage and discomfort.

Prevention

- Avoid prolonged exposure to the sun when possible.
- Wear sunscreen with a minimum of SPF 15.
- SPF refers to how long a person will be protected from a burn. (SPF 15 means a person can stay in the sun 15-times longer before burning.)
SPF only refers to UVB protection.

Using Your First Aid Kit

Skin Reactions: Sunburn

- Blistering means a very severe sunburn, do not pop blisters as this may increase the chance of infection.
- Take ibuprofen to reduce pain.
- Drink lots of water.
- Apply aloe vera or soothing cream often.
- Cover the affected area with loose clothing and avoid further exposure to the sun.

