



Self-care Information

Sunburn

Tips for treating sunburn

“Supporting you to look after you”

Key advice:

- Have a cool shower or bath.
- Apply aftersun cream (such as Aloe Vera).
- Drink plenty of water.
- Avoid using petroleum jelly (e.g. Vaseline®) on sunburnt skin.
- Avoid scratching or removing peeling skin.
- Your local pharmacy can offer advice on treating sunburn.

Treating Sunburn

You could try

- ✓ Have a cool shower, bath or cool down with a damp towel (take care not to let a baby or young child get too cold).
- ✓ Apply aftersun cream or spray (e.g. Aloe Vera).
- ✓ Drink plenty of water to cool you down and prevent dehydration.
- ✓ Take painkillers, such as paracetamol or ibuprofen for any pain.
- ✓ Cover sunburnt skin from direct sunlight until the skin has fully healed.
- ✓ Ask a pharmacist about sunburn treatments for a child or if you are pregnant or breast feeding.



Try not to

- ✗ Pop any blisters.
- ✗ Scratch or remove peeling skin.
- ✗ Wear tight-fitting clothes over sunburnt skin.
- ✗ Avoid putting ice or ice packs on sunburnt skin.
- ✗ Avoid using petroleum jelly (e.g. Vaseline®) on sunburnt skin.



See your GP or call 111 if:

- The person suffering with sunburn is a young child or baby, as their skin is particularly sensitive.
- You show signs of severe sunburn such as:
 - ◊ Blistering or swelling of the skin.
 - ◊ Feeling very tired, dizzy and sick.
 - ◊ A high temperature (fever) or you feel hot and shivery.
 - ◊ Headache and muscle cramps.
- Severe sunburn can lead to heat exhaustion and heatstroke which can be very serious.

Here are some useful links to further information

NHS Website	https://www.nhs.uk/conditions/sunburn/
Patient Website	https://patient.info/skin-conditions/sun-and-sunburn
Or visit your local pharmacy for advice	

