



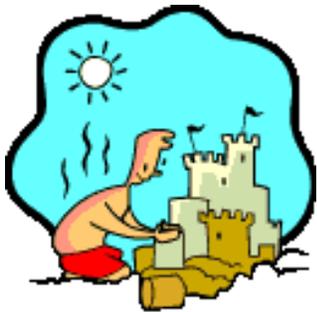
## After a Sunburn

Sunburns can cause pain, a sensation of heat, and sometimes chills. The sun has dried out your skin and it can become itchy and tight.

If your sunburn begins to peel, do not scratch it or peel off the loose skin because the skin underneath is vulnerable to infection.

Instead, take a cool bath or apply a cool, wet compress to your skin. To ease discomfort, apply pure Aloe Vera gel. Tylenol or anti-inflammatory medication like ibuprofen can lessen the pain, as well as topical moisturizers.

If the sunburn is severe and blisters develop, contact your doctor immediately.



### Sponsored By:



*Sutter Amador  
Hospital*

A Sutter Health Affiliate

*With You. For Life.*

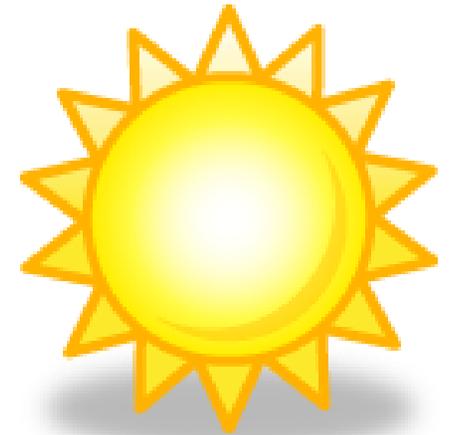


Public Health Department



**The** Engaging Families  
**Resource** Empowering Communities  
**Connection** Enriching Lives

**Jackson Dermatology**  
**David R. Bruce, D.O.**



# Fun Safe Sun Facts



# Too Much Sun Could Be No Fun



## Sun Facts:

☀️ Exposure to the sun is our primary source of vitamin D, which helps us absorb calcium for stronger bones. However, unprotected exposure to the sun's rays can cause skin damage, eye damage, immune system suppression, and skin cancer.

☀️ The amount of sun exposure needed to produce enough Vitamin D is only **10 to 15** minutes per day a few times a week, depending on skin tone

☀️ The sun radiates light to the earth; part of that light consists of invisible ultraviolet (UV) rays. UVA rays cause aging, wrinkling and skin cancer. UVB rays cause sunburns, eye cataracts, and skin cancer as well.

☀️ .Skin cancer is the most common cancer in the United States; more than 3.5 million cases are diagnosed each year. It is also one of the most preventable forms of cancer.

☀️ Unprotected sun exposure is more dangerous when a person has moles, very fair skin or hair, and a family history of skin cancer.

## Sun Tips:



### Seek Shade:

The sun is at its strongest when its over head (usually 10 am – 4 pm). If you are out in the sun during those hours, be sure to apply and reapply protective sunscreen. Even on cloudy days, UV rays travel though the clouds and reflect of  sand, water, snow, and concrete.



### Cover Up:

The best way to protect yourself is to shield your skin from the UV rays. Dark and loose clothing works the best. Infants have thin skin so they burn more easily. Babies under 6 months must be kept out of the sun whenever possible.



### Use Protective Eyewear:

Sun exposure damages the eyes as well as the skin. To protect your eyes from cornea damage and cataracts, wear sunglasses that provide 100% UV protection.



### Double Check Medications:

Ask your doctor or pharmacist if any prescription or over-the-counter medications you are taking can increase sun sensitivity.

## Protect Yourself!



### Use Sunscreen:

Most sun screens work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays.

Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays.

Sunscreen must be applied correctly:

- ☀️ Apply sunscreen about 15 to 30 minutes before you go outside. Don't forget lips, hands, ears, feet, shoulders, and neck.
- ☀️ Apply it generously.
- ☀️ Reapply sunscreen often, every 2 hours, and after sweating and swimming.
- ☀️ Waterproof sunscreen may last up to 80 minutes, be sure to reapply when you come out of the water.

## Be Sun Safe!