

SUNBURN

This can be caused by over-exposure to the rays of the sun or a sunlamp. Similar burns can also, rarely, be caused by exposure to a radioactive source. Most are superficial burns, with redness, itching, and tenderness.

In severe cases, the skin is lobster-red and blistered; the casualty may also suffer heatstroke.

Occasionally, exaggerated reactions to sun exposure can be precipitated by the use of some medicines. At high altitudes, sunburn can occur even on a dull, overcast day in summer (from 'skyshine'), or by reflection from snow in winter.

TREATMENT

Your aims are:

- To move the casualty out of the sun and into a cool place.
 - To relieve discomfort and pain.
1. Help the casualty into the shade or, preferably, indoors.
 2. Cool her skin by sponging with cold water, or soaking in a cold bath.

**IF there is extensive blistering or other skin damage,
SEEK MEDICAL ADVICE.**

Give her frequent sips of cold water. If the burns are mild, calamine or an after-sun preparation may soothe them.