

# How to treat sunburn



If you've been caught out in the sun and your skin is sore, here's what you need to do to ease the symptoms and aid recovery.

**1. Cover your skin** with light clothing so it's not exposed.



**2. Come out of the sun** and stay inside where it's cool.

**3. Drink cold water** – keep taking sips to stay hydrated.



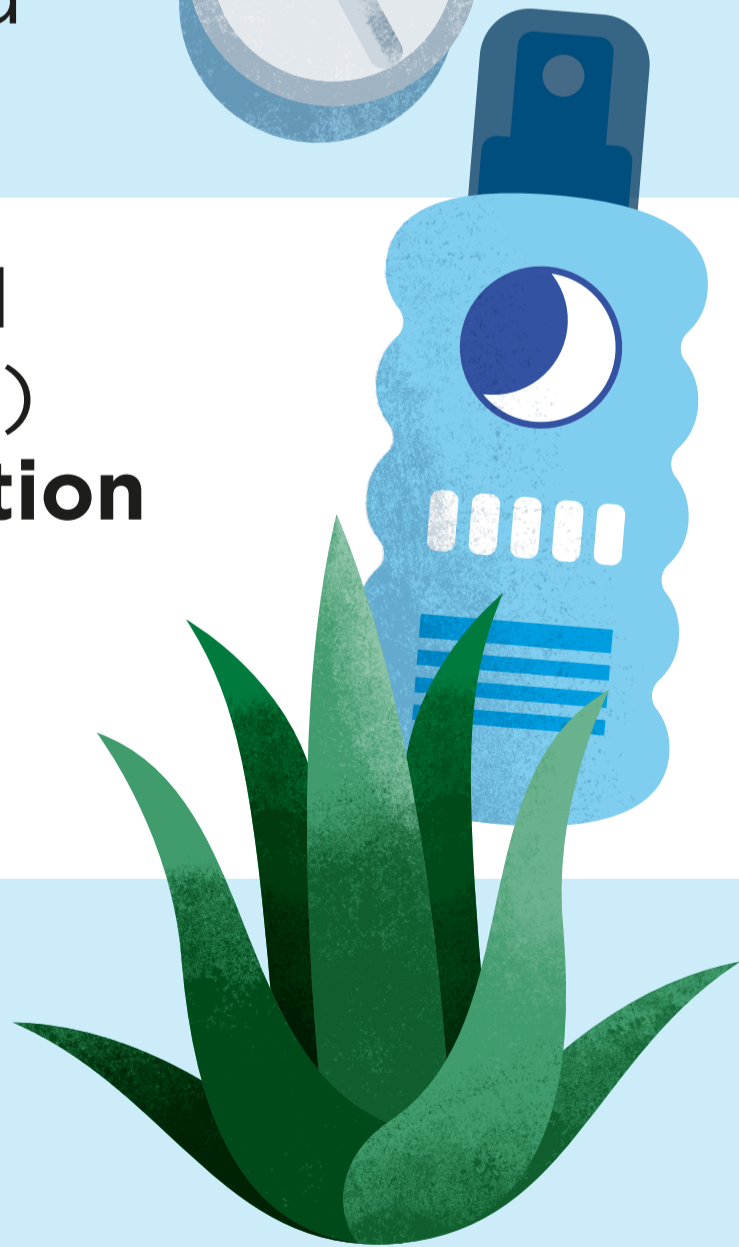
**4. Have a cool shower or bath,** or gently sponge the sunburnt skin. Just do this for ten minutes at a time.



**5.** If you need to you can **take over-the-counter painkillers** to soothe and ease discomfort.



**6.** If your sunburn is mild (your skin isn't blistering) **apply some soothing lotion** such as a moisturiser, after-sun or you can try aloe vera.



**7.** If your skin develops blisters, your sunburn is severe, and you need to **see a doctor.**

