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**.