



Karen's Corner

SUNBURN FIRST AID

So...you got burned. Now what?

Even if you've been careful, sunburn happens.
The good news is that most mild sunburns
can be treated at home.



HELP YOUR SKIN RECOVER



COOL THE SKIN

Take a cool shower or apply cool compresses.
Avoid ice directly on the skin.



DRINK EXTRA WATER

Sunburn can contribute to dehydration.



MOISTURIZE

Apply a gentle fragrance-free moisturizer or aloe vera gel while your skin is still slightly damp.



DON'T POP BLISTERS

Blisters protect the skin while it heals.
Leave them intact whenever possible.



STAY OUT OF THE SUN

Give your skin time to recover before spending more time outside.



WHEN SHOULD YOU SEEK MEDICAL CARE? ❤️

Call your healthcare provider if you have:

- Large blisters
- Confusion or dizziness
- Fever or chills
- Signs of infection
- Severe pain
- A burn covering a large area



KAREN'S CHALLENGE ❤️

This week...

- ☐ Put sunscreen in your car.
- ☐ Put sunscreen by the front door.
- ☐ Keep one in your beach bag.
- ☐ Wear a hat one day this week.
- ☐ Check your skin for any new or changing spots.



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