

# Quick Tips!

## Avoiding And Treating Sunburn This Summer...



### Be Careful On Your First Few Days

If you're heading out on holiday, or you're planning to be out and about during a heat wave, delicate skin needs **extra protection in the first few days** while the body and skin gets used to the sun. And remember, some of the **most common areas** of the body for sunburn are **feet and ears**, which can be really painful.

### Be Mindful At Midday

The hottest part of the day comes at 12pm and the early afternoon, when the sun is at its highest. If you're prone to sunburn, try sitting out of the sun for a couple of hours until it cools down a little, and only go back into it when you're more comfortable. Be sure to **keep any burnt areas covered** though if you do have to go outside.



### Stay Hydrated

Sunburn can be painful enough, but the effects of dehydration shouldn't go underestimated. If you've ever suffered from dehydration, you'll know that it's comparable to having a bad bug, with headaches, migraines and fevers very common. If you're out in the sun, it's really important to **drink plenty of fluids to rehydrate your body**, and replenish it with electrolytes, sugars and salts.

### Replenishing Skin & Easing The Pain

If you have sunburn, or feel like you're on the cusp of being burnt, it's vital to **replenish the skin using reputable after-sun**, which re-hydrates the skin and speeds up the recovery process. You can **take a cold shower and use a water-based moisturiser or Vaseline** to keep the skin moist.



### Specialist Help

If you have **suffered extremely bad sunburn, or you feel a temperature, dizziness or nausea**, you should speak to your GP as you may have heatstroke, or require specialist treatment. As a Paycare Policyholder, don't forget that you have access to a **GP 24/7 through our app**, and can book an appointment with a qualified and practicing GP at any time of the day or night.