



[CDC Home](#)

[Search](#)

[Health Topics A-Z](#)

National Center for Environmental Health

[Searchable Index](#) | [Strategic Plan](#) | [2000 Fact Book](#)  
[NCEH Fact Sheets](#) | [NCEH Brochures](#)

## Extreme Heat Content

- ▶ [Extreme Heat Home](#)
- ▶ [FAQ's](#)
- ▶ [Tips on Preventing and Managing Heat](#)
- ▼ [Heat Related Illness](#)
  - ▶ [Heat Cramps](#)
  - ▶ [Heat Exhaustion](#)
  - ▶ [Heat Rash](#)
  - ▶ [Heat Stroke](#)
  - ▶ [Sunburn](#)
- ▶ [Related Links](#)
- ▶ [Bibliography](#)
- ▶ [Complete Print Version \(pdf\)](#)

Esta página en **Español**

## Health Studies Branch Content

- ▶ [Home](#)
- ▶ [Extreme Weather Conditions](#)
- ▶ [Pesticides, Endocrine Disruptors, and Other Toxic Substances](#)
- ▶ [Harmful Algal Blooms](#)
- ▶ [Confined Animal Feeding Operations \(CAFO's\)](#)
- ▶ [U.S.-Mexico Border Environmental Health Issues](#)
- ▶ [Drinking Water and Water-Related Issues](#)
- ▶ [Emergency Response Activities](#)

- ▶ [NCEH Home](#)
- ▶ [NCEH en Español](#)
- ▶ [About NCEH](#)
- ▶ [Programs](#)
- ▶ [Publications](#)
- ▶ [NCEH Topics](#)

## NCEH Search

Enter Keywords:

Search

Clear



## Sunburn

Sunburn should be avoided because it damages the skin. Although the discomfort is usually minor and healing often occurs in about a week, a more severe sunburn may require medical attention.

### Recognizing Sunburn

Symptoms of sunburn are well known: skin becomes red, painful, and abnormally warm after sun exposure.

### What to Do

Consult a doctor if the sunburn affects an infant younger than 1 year of age or if these symptoms are present:

- Fever
- Fluid-filled blisters
- Severe pain

Also, remember these tips when treating sunburn:

- Avoid repeated sun exposure.
- Apply cold compresses or immerse the sunburned area in cool water.
- Apply moisturizing lotion to affected areas. Do not use salve, butter, or ointment.
- Do not break blisters.

Click [here](#) for more information about skin cancer prevention.

[Return to top](#)

[Heat Cramps](#) | [Heat Exhaustion](#) | [Heat Rash](#)  
[Heat Stroke](#) | [Sunburn](#)

[Extreme Heat Home](#) | [FAQ's](#) | [Tips on Preventing and Managing Heat](#)  
[Heat Related Illness](#) | [Links](#) | [Bibliography](#) | [Print Version](#)

## Discla

These s  
measure  
substitu  
care but  
you recd  
respond  
warning  
trouble.  
defense  
heat-rel  
preveni  
cool and  
simple c  
your flui  
activities  
clothing  
weather  
remain s  
healthy.

- ▶ [Air Pollution and Respiratory Health](#)
- ▶ [Asthma](#)
- ▶ [Division of Laboratory Sciences](#)
- ▶ [Emergency and Environmental Health Services](#)
- ▶ [Environmental Hazards and Health Effects](#)
- ▶ [Global Health Office](#)
- ▶ [Health Studies](#)
- ▶ [Mold](#)
- ▶ [Preventing Lead Poisoning in Young Children](#)
- ▶ [Vessel Sanitation - Sanitary Inspection of International Cruise Ships](#)

[NCEH Home](#) | [Programs](#) | [Publications](#) | [Contact Us](#) | [Privacy](#) | [About NCEH](#)  
[CDC Home](#) | [CDC Search](#) | [Health Topics A-Z](#)

This page last reviewed March 30, 2002

Centers for Disease Control and Prevention  
National Center for Environmental Health