



Too much time in the sun?

Too much sun can make you ill quickly and unexpectedly, even on seemingly cloudy days, and your skin can burn easily. Here's what you can do to protect yourself:

- Keep out of the sun between 11am and 3pm. If you have to be out in the heat, keep in the shade.
- Apply a high factor sunscreen and wear a hat and light, loose-fitting cotton clothes.
- Avoid extreme physical exertion.
- Have plenty of cold drinks, avoid excess alcohol, caffeine and hot drinks and drink water or fruit juice to rehydrate.
- Eat cold foods, particularly salads and fruit with a high water content.
- Take a cool shower or bath if you can, sprinkle water over your skin or clothing or keep a damp cloth on the back of your neck.
- Painkillers such as ibuprofen or paracetamol can help relieve pain and swelling from sore, itchy skin.

If you plan to go back out in the sun, cover your burnt skin with loose clothing and wear a high factor sunscreen to reduce further damage.

Most symptoms should clear up in a few days. If you have developed fluid-filled blisters on your burnt skin, you may need medical care. Please call NHS 111 or telephone your GP.

Sunburn can be more serious in pregnant women, children, older people and people with a serious illness or long-term condition. If a relative or child has sunburn call NHS 111 for advice.



when it's less
urgent than 999

NHS 111 is a free 24 hour service and will give you healthcare advice or direct you to the local service that is best for you.