

## Standard Operating Procedures

### #AU 0015 Sun Exposure

#### **Materials:**

Broad spectrum sunblock  
Protective clothing

#### **Prevention/Precaution:**

When weather permits, wear long-sleeves, long pants, a hat and sunglasses when outdoors. Apply a broad spectrum (UVA and UVB) sunscreen with an SPF of 15 or higher to exposed skin before going outdoors, and repeat application frequently.

#### **Procedure:**

If there is mild skin redness, pain, or itchiness, apply cool compresses and avoid further sun exposure. Moisturizing creams or aloe gel can provide some relief to mild burns. Ibuprofen or acetaminophen can provide some relief for more severe pain associated with sunburn. Drink extra fluids to avoid dehydration. Seek medical attention if any of the following symptoms appear:

- Blisters
- Facial swelling
- Fever or chills
- Headache, confusion, or feeling of faintness
- Signs of dehydration