

Sunburn

In the summertime, many beachgoers are surprised to find that their skin has burned after too many hours in the sun. When rays of sunlight damage cells, skin turns a bright pink or red color, and it can be quite painful. How does sunburn happen? Skin is a large organ made of cells. Our immune system sends more blood to a sunburned area to help it heal more quickly. As skin heals, it may peel as damaged skin cells fall off and new cells replace them. Since sunburned skin is painful, a cool bath and special lotions, such as aloe vera, may help ease the pain. Drinking plenty of water also helps. Beachgoers should try to prevent sunburn by using sunscreen with a high SPF.