

Sunburn

Sunburn can occur in less than 15 minutes

Ultraviolet (UV) radiation, not sunlight, damages the skin

Pain from sunburn is most extreme 6-48 hours after sun exposure

FACTS

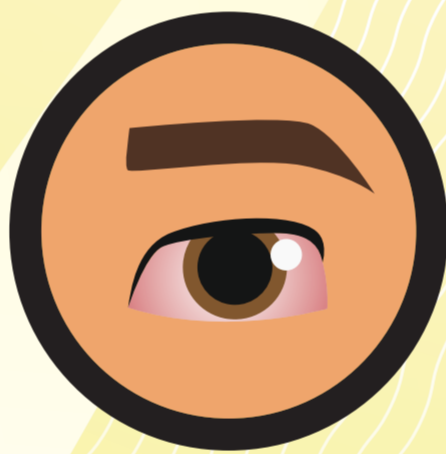
UV Index in Singapore is consistently at a 6-7 point (High), between 11am to 3pm

The burn may continue to develop for 72 hours, sometimes followed by peeling skin in the next 3-8 days

UV radiation is at its highest when your shadow is the shortest



Swelling with blisters and pus at times, causing discomfort when eating and talking



Redness in the sclera with burning sensation at each blink



Prone to developing blisters at the tip of ears

Did You Know?

- Long-sleeved clothing and sunblock can minimise sunburn
- Lips, eyes and tip of ears may get sunburnt



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