



... what is it?

The skin reacts to extensive sun exposure with sunburn. This leads to burns, painful skin irritation, swelling and even blisters. The affected areas are sensitive to the touch. Slight finger pressure on the reddened area will momentarily turn the skin white within the red area. Severe sunburns can also lead to circulation problems, fever and nausea (heatstroke).

... why is that so?

The skin gets used to the sun by making itself thicker and storing the pigment Melanin, which lets the skin look sun-tanned. Slow tanning tans more evenly and lasts longer. Short wave, high-energy UV rays are responsible for tans and sunburns.

A distinction is made between UV-A, the low-energy rays which bring about tanning, but still cause sun allergies, skin ageing and the increased risk of skin cancer and the high-energy UV-B rays which are responsible for skin damage caused by sunburns.

... where does it happen?

The sun is especially damaging in the snow, on the beach and in the water since the area of exposure is bright and large and amplifies the reflection of the sunbeams by making them even stronger. The sun radiation is also more intense at higher altitudes and in the southern hemisphere.

... how does it happen?

The most frequent causes are:

- Sunbathing too long.
- Underestimation of the sun radiation on cloudy days.
- The use of sun cream with a very low SPF (sun protection factor).

... what are the consequences?

Sunburn isn't just temporary and unpleasant but it has considerable consequences, contrary to public opinion. It isn't the inevitable prelude to a fast and deep tan either. The skin recovers superficially from sunburn; deeper damages remain in the skin itself. In the long run, frequent sunburns and constant sunbathing leads to early skin ageing and an increased risk of skin cancer.

... how to prevent it?

- No extensive sunbathing. Stay in the shade and never sunbathe at midday.
- The duration of sunbathing must be adjusted to the skin type and the region. Use a sun cream with a high sun protection factor.
- Never expose babies and small infants to the sun without proper protection (T-shirt and headgear).
- When taking a particular medication it is recommended not to stay in the sun.

... how to relieve it?

- By cooling affected areas with VESTASOL hydrogel
- Drinking amply since the body, as with any burn, has an increased need for liquids.
- Until the healing process is complete avoid any further exposure to the sun.

... when you must go to the doctor?

- With severe sunburns (with pain and formation of blisters).
- When symptoms indicating heatstroke or sunstroke are evident (headaches, dizziness, vomiting, high fever or shivering).
- If it concerns babies and infants.



- **VESTASOL** cools instantly and due to laws of physics keeps permanently cool.
- **VESTASOL** is a cooling agent in solid form, which cools the overexposed skin for an extended period of time.
- **VESTASOL** is portable and therefore available everywhere.
- **VESTASOL** is a natural product which alleviates pain.
- **VESTASOL** is easy to apply and it doesn't stick to the wound. It can also be removed without painful procedure.
- **VESTASOL** can also be used for the first-aid treatment of all types of burns and scalds.
- **VESTASOL** supplies the urgently needed moisture to overexposed skin.

VESTASOL also effectively cools and soothes insect bites and jellyfish stings!



For more informations contact:
www.vestatec.ch

First-aid on burns



INGRAFIK | M. INFANGER | STANSSTAD



VESTA products

VESTA is a special hydrogel used for first-aid on burns, caused by fire, heat, steam, chemicals, electricity, gases and overexposure to sun radiation. Depending on the extent of injury VESTA is used in various forms:

For slight burns

VESTAGEL: Sterile hydrogel available in sticks. It is easy to take with you to the working place as well as to use for example in the kitchen and in industrial companies.



Serves as a wound dressing

VESTASAN: Sterile dressing soaked in hydrogel.



VESTASAN is available in various sizes. It is the ideal product for the first-aid-kit.

Your VESTA distributor:



When the sun
leaves its marks.