



# Treating Sunburns



The sun is intense here in Southern Oregon and unfortunately too many of us get sunburnt! Prevention is the best therapy. Protect your skin! Apply a high SPF (Sun Protection Factor) sunscreen every 2-3 hours, more often if you are in the water.

**Don't forget your ears and back of your neck if you have short hair.**

Seek shade during the hottest part of the day, between 10:00am and 4:00pm.

If you do get a sunburn, apply cool washcloths or take a cool bath. Aloe, "cold creams", and thick lotions like Lubriderm can help. Anti-inflammatories, like Ibuprofen or Aleve, can help the pain. If blisters form, apply antibiotic ointment when they open. If your skin gets swollen or starts leaking fluid under the blisters seek medical care. Avoid being out in the sun for 3 weeks after getting sunburned.



[www.communityhealthcenter.org](http://www.communityhealthcenter.org)

## Citizen Task Force on Community Development



**The first meeting is July 29th at 7:00 (place to be determined).**

Goal of the task force will be to stimulate the growth and economic vitality of our community.

The two mayor objectives:

1. Study Community Problems in the way of development. We will propose and develop workable and sustainable solutions.
2. Stimulate the economy. We will study methods of stimulating the economy of Butte Falls by encouraging tourism, business development, new residents, etc. We will support and encourage groups interested in working on ideas.

*Anyone living in a 10 mile radius of Butte Falls is welcome to participate.*

For further information or to register, contact Linda Spencer at 541-865-3682, [lindaquake@msn.com](mailto:lindaquake@msn.com) or PO Box 135 with your name and contact information. Please include the easiest way to get a hold of you.