



Tell Me Why

WHY?

I Get Sunburned



Katie Marsico



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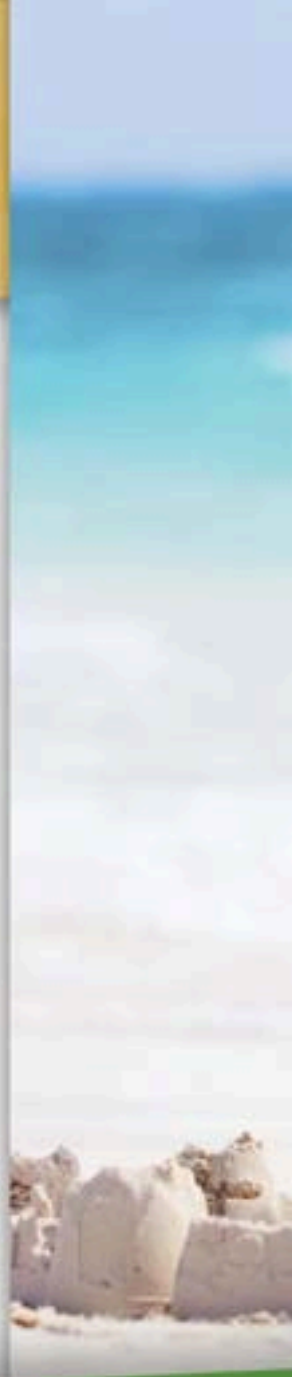
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Looking Like a Lobster

Has Lina turned into a lobster? After spending all day at the beach, her skin is bright red! It also feels a little sore and warm.

Grandma looks closely at Lina's arms, neck, back, and face. She assures Lina that she is not turning into a sea creature. Instead, her rosy appearance is a sign that she got sunburned.





Too much time in the sun can result in sunburned skin.

Sunburn is the body's response when skin is **exposed** to too much sun. Grandma says that the sun gives off rays, or beams, of light.

People are able to view some of these rays but not all of them. For example, they don't see **ultraviolet (UV) light**. But just because UV rays are invisible doesn't mean they're not powerful!



Wearing clothing at the beach can help you protect your skin.

UV light is strong enough to damage skin **cells**. Too much exposure to UV rays often leads to sunburn. In some cases, it causes eye problems and skin **cancer**, too.





MAKE A GUESS!

Scientists have figured out that UV rays cause a person's skin to wrinkle faster. Are you able to guess why?



Wear waterproof sunscreen while swimming.

The Reason for Redness

Lina looks at herself in the mirror. Thanks to Grandma, she understands *why* she got sunburned. Yet she's still curious *how* it made her turn so red.

Grandma says that Lina's coloring is proof that her body is trying to heal itself. The **immune system** reacts to sunburn by causing more blood to flow toward the skin. Cells in the blood help repair damage created by UV rays.





LOOK!

Look at this picture of sunburned skin. Has your skin ever looked like this?



Sunburned skin can be painful.

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