

The cost of sunburn vs sun protection

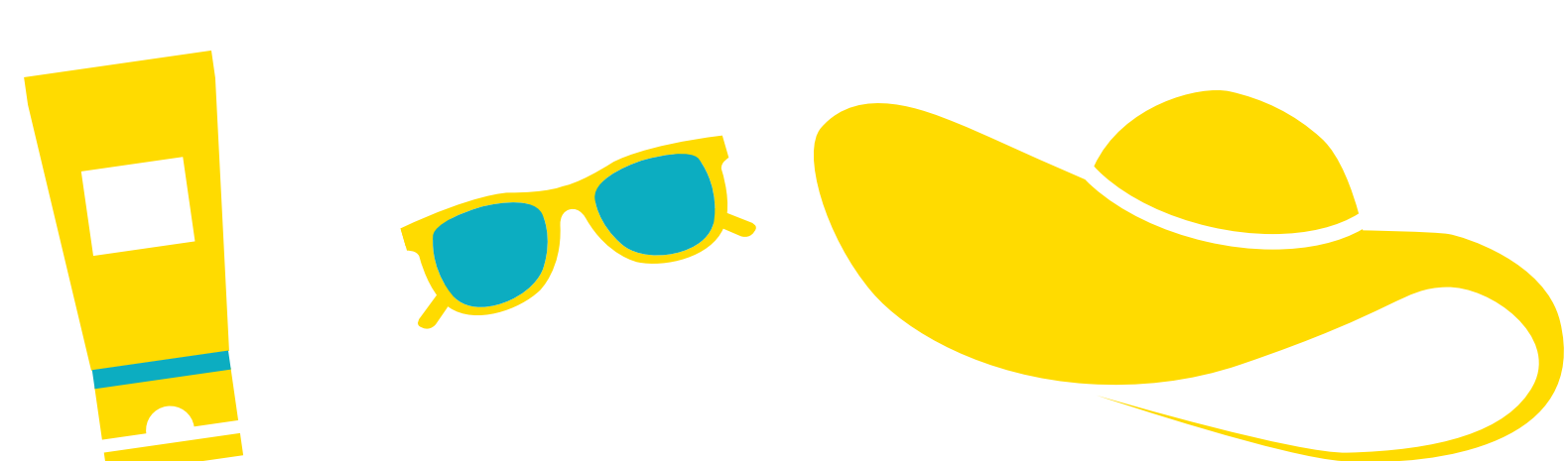
\$1,132

The average cost of care for a sunburn emergency department visit¹



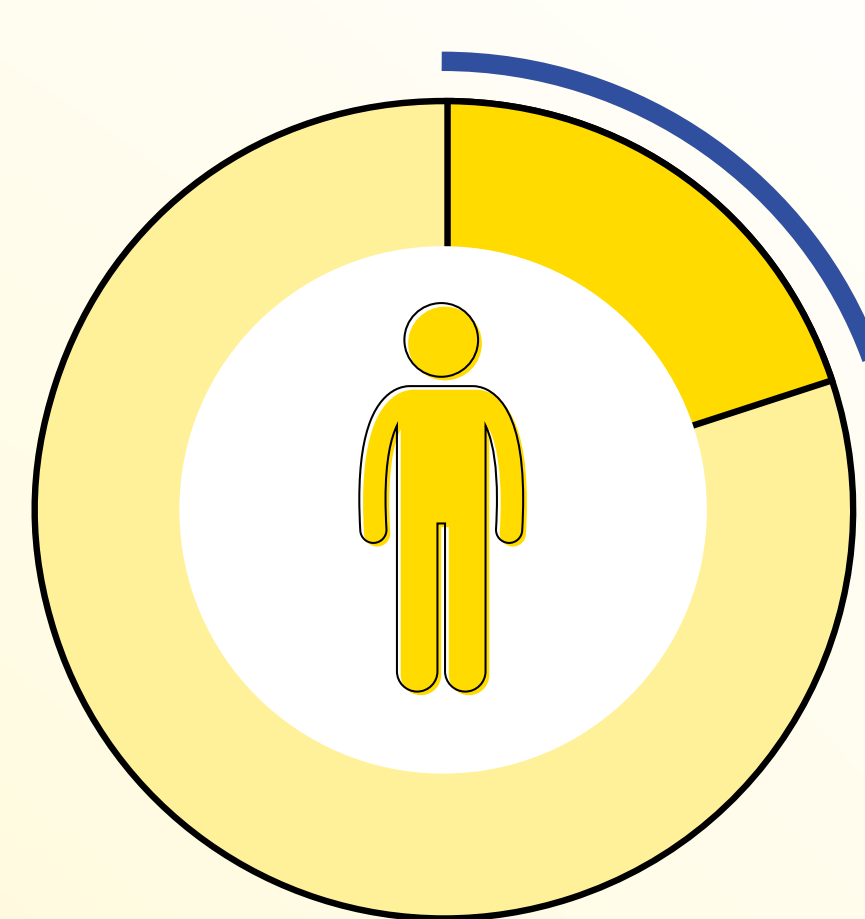
Roughly **10X the cost** of a safe day at the beach*

Sunscreen	\$13
Sunglasses	\$22
Hat	\$20
UPF Shirt	\$19
Beach Umbrella	\$39
Total	\$113

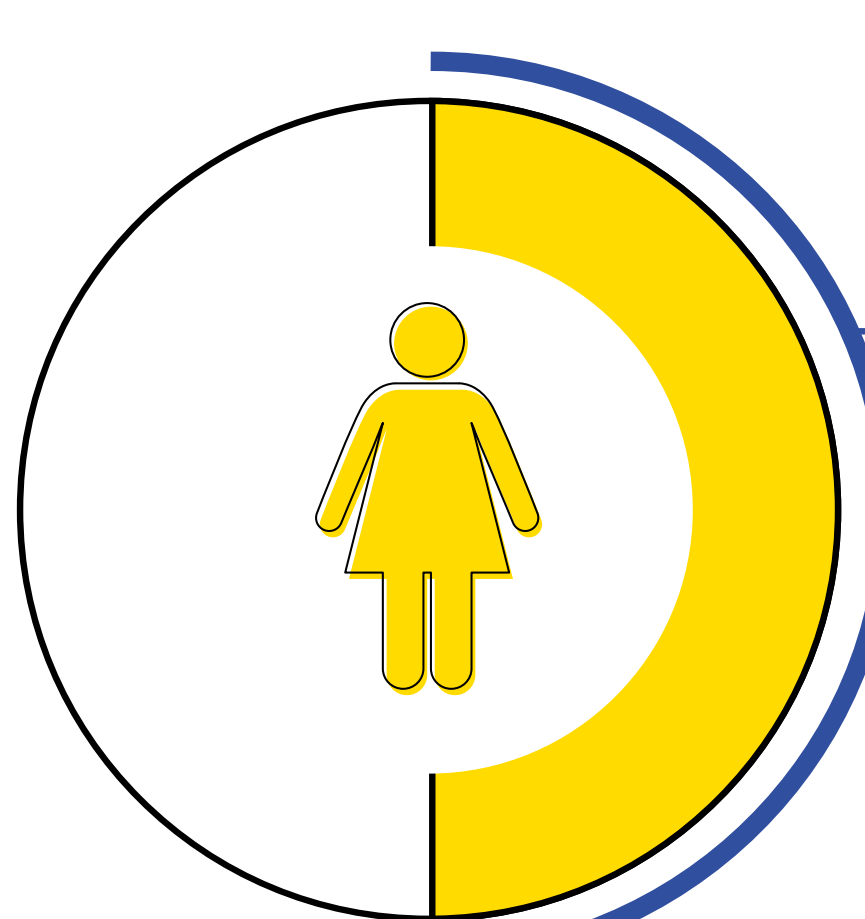


Trends in annual emergency department (ED) visits due to sunburn:¹

82K ED visits for sunburn 2013-2015



20% for severe sunburns
(80% first degree burns)



50% were women
age 18-29 in low income, small metropolitan regions

Highest rate of sunburn ED visits occur in:

June has the highest rate of emergency department visits for sunburn, followed by July, May, April then August.¹

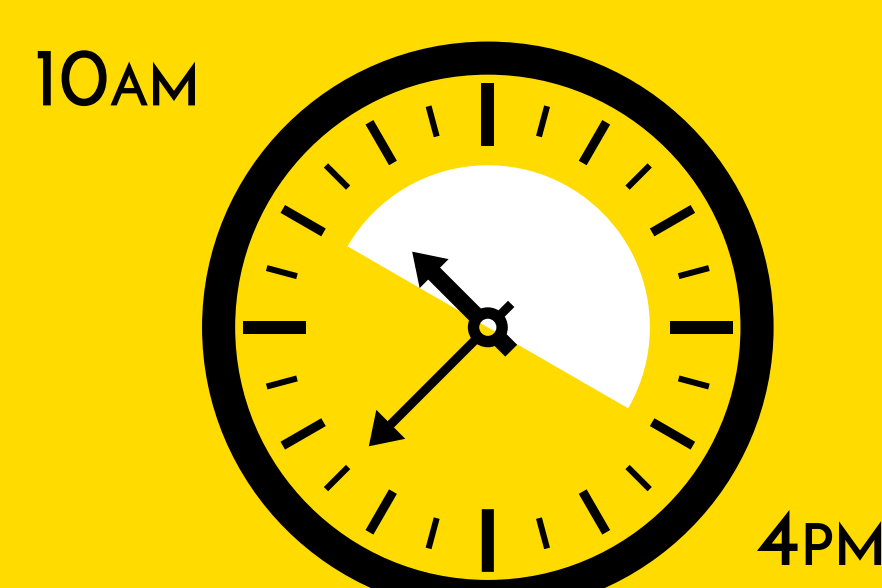


\$22 million annual cost of care for sunburn ED visits¹

TIP: Sunscreen and prescription sunglasses are often eligible for reimbursement with flexible spending accounts (FSA), health savings accounts (HSA), and health reimbursement accounts (HRA). Check your plan for details and requirements for reimbursement.

Sun Protection Basics

Apply sunscreens liberally and frequently and remember to:



Limit time in midday sun

UV rays are most intense at mid-day - take precautions if you are out and about.



Dress in protective clothing



Be shade smart

Being under a shelter doesn't provide 100% sun protection!

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*estimated for illustration purposes.

References:

1. Tripathi, R., Mazumdar, R.S., Krusel, K.D. et al. Trends in emergency department visits due to sunburn and factors associated with severe sunburns in the United States. Arch Dermatol Res 313, 79-88 (2021).

Note: Researchers used the National Emergency Department Sample (NEDS) from 2013 to 2015 for this cross-sectional, retrospective analysis. NEDS is produced using data from over 950 hospitals nationally; it accounts for over 140 million ED visits annually when weighted, and is the largest all payer database of ED visits in the US.