

SUNBURN AND SUN POISONING

Nurse: Good morning, can I help you?

Patient: Good morning. I am going on holiday to the seaside and my friend told me to be careful not to get sun poisoned. Does it really mean that sun can **cause** poisoning?

Nurse: No, sun poisoning is a **term** that is often used for a **severe case** of sunburn. This is a burn from ultraviolet (UV) radiation that **inflames** your skin.

Patient: When is the radiation most dangerous?

Nurse: UV **rays** are most **intense** at noon and the hours **immediately** before and after (between 10 a.m. and 3 p.m.), **particularly** in the late spring, summer, and early autumn.

Patient: What are the symptoms of sun poisoning?

Nurse: **Common** symptoms of sunburn are **redness**, **burning** and **peeling**. Sun poisoning symptoms usually **include** **rash**, nausea, fever, headache, **dizziness** or

fainting, **blisters**, dehydration, shock and even **loss of consciousness**.

Patient: How do you **treat** sunburn and sun poisoning?

Nurse: You can treat **mild** sunburns at home - you can use cool **compresses**, **apply** a cream or an aloe vera **lotion**. A cool bath can also help. If you are dehydrated, have headache and feel **confusion** or dizziness, you should go to see a doctor immediately.

Patient: Oh, I will try to do everything to prevent getting sunburn or even sun poisoning! I will use **sunscreen** and stay out of the sun when UV rays are most intense.

Nurse: Also, if you have children, you should be very careful because sunburn early in life **increases the risk** of skin cancer. Repeated **overexposure** to UV rays can also **scar**, **freckle** and **wrinkle** the skin **prematurely**.

Patient: Thank you very much for your advice!

SLOVNÍ ZÁSoba

sunburn = spálení sluncem
poisoning = otrava
(to) poison = otrávit
to cause = způsobit, zapříčinit
term = termín, pojem
severe = silný, prudký
case = případ
to inflame = zanítit
ray = paprsek
intense = silný, intenzivní
immediately = hned, okamžitě
particularly = obzvláště, zejména
common = běžný
redness = červenost, rudost
burning = pálení
peeling = odlupování, loupání
to include = zahrnout
rash = vyrážka
dizziness = závrať
fainting = omdlávání
blister = puchýř
loss of consciousness = ztráta vědomí
to treat = léčit
mild = mírný, lehký
compress = obklad
to apply = aplikovat
lotion = omyvací prostředek (voda)
confusion = zmatek, zmatení
sunscreen = ochranný krém proti slunci
to increase = zvýšit
risk = riziko
overexposure = příliš časté vystavování se
to scar = zjizvit
to freckle = pokrýt pihami
to wrinkle = pokrýt vráskami
prematurely = předčasně



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+420 466 615 721

+420 603 163 629

medical@skrivanek.cz

WWW.SKRIVANEK.CZ