

amb el
sol...

Tips for sun care no juguis amb foc!



Col·legi Oficial de
Farmacèutics de les Illes Balears

Tlf: 971 228 888 - www.cofib.es

ASOCIACIÓN ESPAÑOLA CONTRA EL CÁNCER
JUNTA DE BALEARS
Tlf: 971 244 000 - Fax: 971 244 211
balears@aecc.es

Key points for sun protection

While the sun provides health benefits, it can also be dangerous (burns, allergies, aging, and skin cancer). But with a few tips and some precautions, you can enjoy its beneficial effects and still take care of your health.

PHOTOTYPE	DESCRIPTION	Factor needed for sun protection
I	Always burns, never tans	50+
II	Burns easily, tans minimally	50+
III	Sometimes burns, tans slightly	30-50
IV	Occasionally burns, always tans	20-25
V	Hardly ever burns, tans intensely	15-20
VI	Never burns	10-15

* Recommendations based upon a high UV Index (8-10)



1- Try to avoid sun exposure **between 12 a.m. and 4 p.m.**



2- Use an **appropriate sunscreen** for your skin type. **Talk with a pharmacist** about an oral treatment.



3- **Apply sunscreen generously** a half an hour before exposure to the sun. Reapply every two hours.



4- **Don't forget** the areas behind your **ears, your nose and the tops of your feet.**



5- Use **sunglasses with UV protection**, a wide-brimmed hat, and high factor lip screen too.



6- **Drink plenty of water**, to avoid dehydration.



7- Children, pregnant women and the elderly **should be especially cautious.**



8- If you take medicine that makes you sensitive to light, or if you have a sun allergy or lots of freckles, take extreme precautions and **consult a pharmacist.**



9- After sun exposure, **rehydrate your skin by taking a lukewarm shower**, and treat it with special products designed to prevent skin aging.



10- **You should use** the same level of skin protection on **cloudy days as you do on sunny days.** The same applies even if you're **underneath a beach umbrella.**



11- Remember that tanning creams **do not offer sun protection.**