

A close-up photograph of a person's arm and hand. The person is holding a white and orange sunscreen bottle in their right hand and applying the product to their left forearm with their left hand. The background is a clear blue sky.

Tips for sun care protection! Consult a pharmacist



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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	

* 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.