



TIPS ON SUN EXPOSURE

- Ultraviolet radiations intervenes with the skin in multiple processes, either as a direct cause, aggravation or a trigger factor, that is why it is so important to know some of the recommendations to be able to reduce potential damages
- It is necessary to use creams with a protection factor. The choice of the sunscreen will depend on the patients pathology choosing either (cream, gel or spray..) the index of protection or the presence of chemical or physical filters according to the solar recommendation.
- Sunscreen protection must be applied daily, even in winter or on cloudy days as radiation passes through clouds. You should also apply cream while in the shade due to the reflection of radiation on sand, sea or snow . Even in some conditions, exposure through glass should be avoided.
- Avoid sun exposure between 12pm and 4pm as sun rays hit the earth horizontally and therefore are more intense.
- Re-apply your sunscreen every 60 minutes especially after swimming or sweating (unless your sunscreen is waterproof or specially designed for sports).
- Do not expose babies to sun.