

SKINDEX

HIGH RISK



LOWER RISK

Type 1

Pale skin, burn very easily and rarely tan. Generally have light coloured or red hair and freckles.

Type 2

Usually burn but may gradually tan. Likely to have light hair, and blue or brown eyes. Some may have dark hair but still have fair skin.

Type 3

Burn with long exposure to the sun but generally tan quite easily. Usually have a light olive skin with dark hair and brown or green eyes.

Type 4

Burn with very lengthy exposures but always tan easily as well. Usually have brown eyes and dark hair.

Type 5

Naturally brown skin, with brown eyes and dark hair. Burn only with excessive exposure to the sun and skin easily darkens further.

Type 6

Black skin with dark brown eyes and black hair. Burn only with extreme exposure to the sun and skin very easily darkens further.

Not everyone's skin offers the same level of protection in the sun. That's why you need to know your 'skin type'. It can help give you an idea of how much care you need to take in the sun. Your skin type cannot be changed and does not vary according to how tanned you are – it is determined by your genes.

The images shown here are for illustration purposes and are not intended to be exact representations of the different skin types described.

**NEVER LET YOUR SKIN BURN,
WHATEVER YOUR SKIN TYPE!**

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SUN AWARENESS

British Association
of Dermatologists

SAVE OUR SKIN



SLIP ON A SHIRT

Protect your skin with clothing, and don't forget to wear a hat that protects your face, neck and ears and a pair of UV protective sunglasses.



SEEK OUT SHADE

Spend time in the shade between 11am and 3pm when it's sunny. Step out of the sun before your skin has a chance to redden or burn. Keep babies and very young children out of direct sunlight.



SLAP ON SUNSCREEN

When choosing a sunscreen, look for:

- High protection SPF, (SPF 30 or more), to protect against UVB
- 4 or 5 UVA stars and the UVA circle logo, to protect against UVA.

Apply plenty 15 to 30 minutes before going out in the sun, and reapply every two hours and straight after swimming and towel-drying.

IF IN DOUBT, CHECK IT OUT!

You should tell your doctor about any changes to a mole or patch of skin. If your doctor is worried about your skin, make sure you see a Consultant Dermatologist – an expert in diagnosing skin cancer. Your doctor can refer you for free through the NHS.