



## Can I Enjoy the Sun?

by NEWLIFEOUTLOOK TEAM

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### Sun Safety with Psoriasis

While a little sun exposure can actually help to improve your psoriasis, sun burn can actually worsen it. Try to stay in the shade between 11 am and 3 pm to minimize the harmful rays. Have something to cover yourself (i.e., a hat and sunglasses) and have a place where you can go to get out of the direct sunlight. If you want to swim, you still can. Just remember to reapply sunscreen once you're out of the water. You shouldn't just apply sunscreen if you're going to the beach or having fun in the sun. You should apply sunscreen whenever you will be spending time in the direct sunlight.

## PSORIASIS BE SAFE IN THE SUN

A LITTLE SUN EXPOSURE CAN IMPROVE PSORIASIS, HOWEVER, SUNBURN CAN WORSEN EXISTING PLAQUES AND TRIGGER NEW FLARE-UPS. SO, ALWAYS BE CAREFUL TO PROTECT YOUR SKIN DURING THE SUMMER MONTHS

### 5 WAYS TO HELP KEEP YOUR SKIN PROTECTED

BE CAREFUL  
TO NEVER  
**BURN**



TRY TO STAY IN THE  
**SHADE** BETWEEN  
**11AM AND 3PM**

REMEMBER TO REAPPLY SUNSCREEN  
EVERY FEW HOURS, AND ALWAYS  
AFTER **SWIMMING** OR **SPORTS**



USE A SUNSCREEN WITH A SUN PROTECTION  
FACTOR (SPF) OF AT LEAST 15 – LOOK FOR  
PRODUCTS THAT PROTECT AGAINST  
BOTH **UVA** AND **UVB RAYS**



KEEP **COVERED**  
**UP** WITH A  
**T-SHIRT, HAT**  
**AND SUNGLASSES**

## REMEMBER!

SUN DAMAGE CAN HAPPEN WHEN YOU LEAST EXPECT IT. SO, EVEN WHEN YOU'RE NOT ON HOLIDAY, GET INTO THE HABIT OF APPLYING SUNSCREEN EVERY DAY DURING THE SUMMER

## BE SUN SAFE!

ALWAYS DISCUSS SUN EXPOSURE WITH YOUR GP FIRST



 @DERMALEX