



Can I Enjoy the Sun?

by NEWLIFEOUTLOOK TEAM

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



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