British Association of Dermatologists

SKINDEX

HIGH RISK

TYPE 01	Pale skin, burns very easily and rarely tans. Generally have light coloured or red hair and freckles.
TYPE 02	Fair skin that usually burns, but may gradually tan. Some may have dark hair but still have fair skin.
TYPE 03	Skin that burns with long or intense exposure to the sun but generally tans quite easily.
TYPE 04	Olive-coloured skin that tans easily, but could possibly burn with lengthy exposures to intense sunshine. Usually have brown eyes and dark hair.
TYPE 05	Naturally brown skin, with brown eyes and dark hair. Skin darkens easily with sun exposure and only burns with excessive exposure to the sun.
TYPE 06	Black skin with dark brown eyes and black hair. Skin very easily darkens on exposure to sun and would very rarely, if ever, burn.

LOW RISK

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

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.

NEVER LET YOUR SKIN BURN, WHATEVER YOUR SKIN TYPE!

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SUN AWARENESS
British Association of Dermatologists

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UNDERSTANDING UV

Ultra Violet Radiation (UVR) from the sun can cause sunburn and damage to the skin which may lead to skin cancer.

The greater the level of UV radiation, the higher the risk of possible sun damage.

The World UV app is here and it's free!

The World UV App has been created by the British Association of Dermatologists in partnership with the Met Office to provide a free daily UV forecast for over 10,000 locations worldwide.

Available for i-phone and android smart phone users, this app lets you see what the peak UV is virtually anywhere in the world, and matches it with handy sun protection advice according to your own skin type.

FEATURES:

- Daily peak UV forecasts – which tell you the maximum strength of the sun for that day.
- In built geo-location to pinpoint how strong the sun is wherever you are (requires wifi access or 3G).
- Find out what steps to take to protect yourself from the risks of sun damage.
- Search function that allows you to find out what the UV level is in thousands of other locations across the UK and abroad.
- Information about skin types (from pale to black skin), and what risk the different UV levels pose to each skin type.
- Top tips on sun protection, and what to look for in a sunscreen.
- The Global UV app is now free to download from the i-Tunes App Store and Google Play.

PROUDLY SUPPORTING SKIN CANCER APPEAL BRITISH SKIN FOUNDATION

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