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A project of



Hospital Universitario
Costa del Sol
Construyendo Salud



Junta de Andalucía
SERVICIO ANDALUZ DE SALUD
Consejería de Salud y Consumo

Working in collaboration with



AYUNTAMIENTO
DE FUENGIROLA



Photoprotection recommendations for beach and pool users



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The following recommendations help you prevent skin cancer



Check UV radiation levels daily and throughout the day.



Avoid the midday sun. Even if you protect yourself from the sun, there are hours when it is very risky to expose yourself.



Seek shade and alternate with periods in direct sunlight.



Protect yourself with clothing, wear loose-fitting clothing that covers at least your shoulders and arms.



Take care of your eyes, **use glasses with UV filter** and CE (European certificate).



To protect your head, **wear a wide-brimmed hat** that protects your nose and neck.



Apply sunscreen every 2 h, it should be broad spectrum (SPF 30+), with UVA and UVB filters, and water-resistant.



Hydrate yourself in and outside. Soak in water from time to time to lower your body temperature. This way you will avoid thermal stress.



Eat foods rich in antioxidants and polyphenols, such as seasonal fruits and vegetables.



After the summer check your moles, if you notice the appearance of a spot or change in your skin, consult your doctor.



Get to know your skin phototype. Not all people are equally sensitive to the sun. You should take extra precautions if your skin phototype is I or II.