



# Photoprotection recommendations for beach and pool users

The following recommendations help you prevent skin cancer



**Check UV radiation levels daily** and throughout the day.



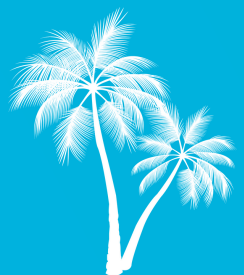
**Apply sunscreen every 2 h**, it should be broad spectrum (SPF 30+), with UVA and UVB filters, and water-resistant.



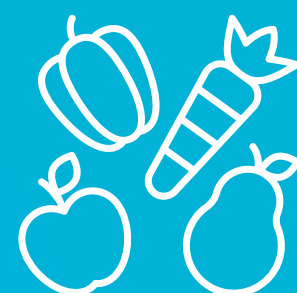
**Avoid the midday sun.** Even if you protect yourself from the sun, there are hours when it is very risky to expose yourself.



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



**Seek shade** and alternate with periods in direct sunlight.



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



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



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



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



**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.



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

