

Sun Exposure



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مركز الأمراض الإنتقالية
Communicable Disease Center

عضو في مؤسسة حمد الطبية
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Sun Exposure

Introduction

Prolonged, unprotected sun exposure harms skin. Sunburn (skin redness) and heavy tans are harmful.

All travelers are at risk of the harmful effects of the sun, including those with darker skin.

Before Travel

- Travelers should check the strength of the sun at their destination and ensure a good supply of appropriate sun protection factor (SPF) cream, protective clothing, and sunglasses.
- Sun creams are one of the most popular ways to protect skin against the damaging effects of the sun.

During Travel

- Travelers should:
 - Limit exposure when the sun is at its highest point in the sky (between 11am and 3pm).
 - Use a broad spectrum sunscreen with a high protection factor (30 SPF or higher) and with a UVA rating of 4 or 5 stars.

- Apply sunscreen liberally at least 30 minutes before exposure to the sun.
- Sunscreen should be reapplied at least every two hours and after swimming, exercising, and towel drying.
- Wear a wide-brimmed hat to protect your head and face.
- Wear sunglasses, or goggles, when skiing and hiking to help protect your eyes from sun damage and glare.
- Children are particularly vulnerable to the damaging effects of sunlight. Babies under six months of age should never be placed in the direct sunlight and young children should always have a high SPF sunscreen applied.

After Travel

Seek prompt medical advice for any changes to pre-existing skin lesions like moles. Changes could include:

- increases in size
- itchiness
- bleeding
- development of a new skin lesion.