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.

UV&ME: A free, personalised sun safety service!
The British Association of Dermatologists has created the UV&ME app and website to provide users with a tailored, educational sun safety experience.

After determining your skin type, the UV&ME app will monitor the hourly UV wherever you are and provide you with a warning when the levels become potentially dangerous for you.

FEATURES:
- A skin type test and tailored skin cancer risk statement
- Personalised warning messages when UV in your area reaches a potentially dangerous level for your skin type
- Best practice guidelines on how to keep safe in the sun and spot the early signs of skin cancer
- A database of awareness materials provided by a wide range of charities and organisations
- A survey, news and competition feed, keeping you up to date with all things sun

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SKINDEX

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.

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!

LA ROCHE-POSAY
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Sole Sun Protection Brand Partner of

SUN SAFETY PROGRAMME 2016
British Association of Dermatologists

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