



# What do you need to know about “SUN PROTECTION”



Patients with Systemic Lupus Erythematosus (SLE) have photosensitivity (oversensitivity to sun light). Excessive sun exposure can cause symptoms like redness and skin lesions, besides fever, weakness, fatigue and joint pain. It can even affect important organs.

These effects are caused by the UVA and UVB ultraviolet rays present in the sunlight.

Ways to protect yourself:

**1. Whenever possible, give preference to cotton clothes, long sleeved shirts and wide brimmed hats.**

- Avoid sun exposure at UV rays peaks: between 10 am - 4 pm.
- When out of home, look for shady places and carry your umbrella.
- Watch out for water, sand, and concrete reflected radiation.

## 2. Sunscreen

- For a better protection choose between a 30 SPF sunscreen or higher, recommendable to white and oversensitive skin.
- UVA/UVB sunscreen.
- It must have elements that provide physical block, like zinc oxide and titanium dioxide (check packaging label).
- Be little allergenic.

- Apply the sunblock about 30 minutes before sun exposure.
- Don't forget to cover up some areas like the middle of the back, both parts of the neck, the ears and around the lips. Use proper sunscreen to the lips, with, at least, SPF 30.
- For maximal protection apply the equivalent of 2 tablespoon of sunscreen to cover face, neck, arms and legs; larger quantity must be used to the trunk.
- Reapply it every 3 hours or after swimming or over sweating.
- Remember, UV rays can be also intense on cloudy days.



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