

HEALTH & SKIN PROTECTION

Protect Your Skin and Eyes

A sun-safety guide for people with albinism, families and teachers



People with albinism have little or no melanin, the natural pigment that protects the skin and eyes from the sun.

Without it, the skin burns quickly and the risk of skin cancer is much higher. In Cameroon's strong sun, daily protection is a matter of life and health.

The good news: **simple daily habits prevent most sun damage.**

1 Use sunscreen correctly

- Broad-spectrum SPF 30 or higher; SPF 50+ whenever possible.
- Apply 15–30 minutes before going out: face, ears, neck, hands, arms and feet.
- Reapply **every 2 hours**, and after sweating, swimming or washing.

2 Cover up

- Long sleeves, long trousers or skirts in tightly woven fabric.
- A **wide-brimmed hat** that shades face, ears and neck. A cap alone is not enough.
- You can still burn on **cloudy days**.

3 Avoid the strongest sun

- Stay out of direct sun between **10 a.m. and 4 p.m.** when you can.
- Walk and work in the shade; plan outdoor tasks for early morning or late afternoon.

4 Protect your eyes

- Sunglasses marked UV400 or "100% UV protection".
- An eye check by a specialist **at least once a year**.
- Glasses, magnifiers, large print and good light make reading easier.

HEALTH & SKIN PROTECTION

Check your skin. Act early.

Skin cancer found early can be treated. Do not wait.

Check your skin every month

Look at your whole body, or ask someone you trust to help with your back, scalp and ears. See a doctor or nurse **early** if you notice:

- a sore or wound that does not heal within a few weeks
- a rough, scaly patch that keeps coming back
- a new lump, or one that is growing
- a spot that bleeds, itches or changes

For parents

- Start sun protection **from birth**: shade, light long clothing and a wide hat.
- Use sunscreen from about **6 months** of age.
- Make hats and sunscreen part of your child's daily routine, like brushing teeth.

For teachers

- Allow hats and sunscreen in class, at **break time** and during sports.
- Give learners with albinism shaded places for outdoor activities.
- Seat them near the board, away from glare from windows.



Need sunscreen or advice?

AWA distributes SPF 50+ sunscreen to people with albinism and links members to skin and eye care. Contact us at contact@awaforcharity.org.