

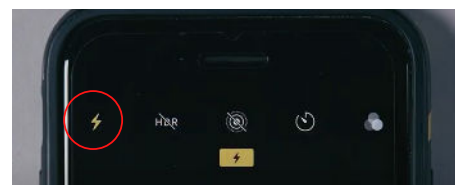
HOW TO PHOTOGRAPH YOUR SKIN FROM HOME

Use your mobile device to scan this QR code to view our 'how to photograph your skin at home' video
https://www.youtube.com/watch?v=vyDo9wj_fkM



1 TIPS ON HOW TO USE YOUR DEVICE

- The flash can be turned on by pressing the lightening bolt log
- On most mobile devices you can focus by touching the screen on the area you wish to focus on



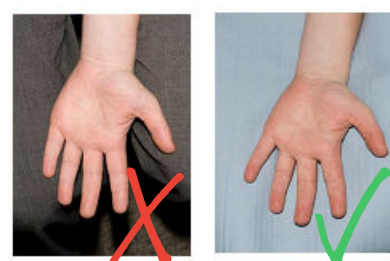
2 BEFORE YOU PHOTOGRAPH YOUR SKIN

- Mark the area of interest with a pen before you take any images
- The first photograph you take should be of your name and hospital number or date of birth



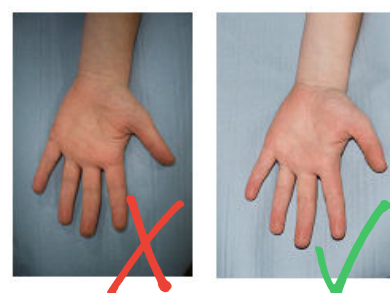
3 USE A BACKGROUND

- Backgrounds should be plain and dark (if possible) providing no distraction from the area of interest. To avoid shadows in the photo, place the skin in contact with a background surface.



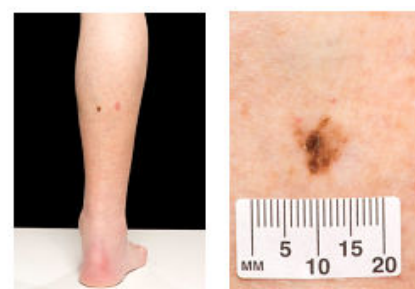
4 LIGHTING/FLASH

- Take the photographs in a well lit area. Consider the devices flash as a general office or household lighting may not be enough.



5 TAKE A LOCATION IMAGE FOLLOWED BY A CLOSE UP

- Take an image with a scale if you wish.



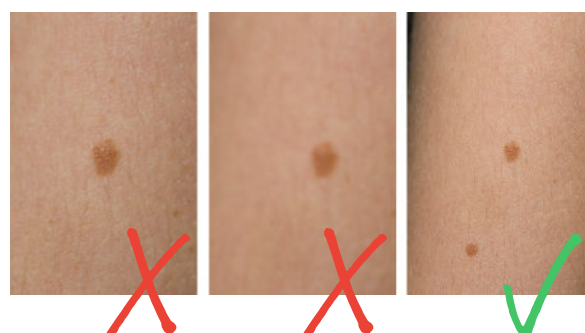
6 TAKE MORE THAN ONE IMAGE

- When taking a photograph, try to take an image from above and face onto the lesion. To demonstrate the size and shape of the lesion, you could consider taking additional views.



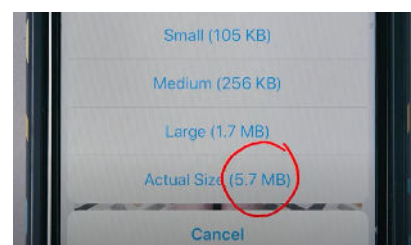
7 AUTO FOCUS ON THE LESION

- Images must be in focus for the dermatologist to review. Most smartphone cameras have a built in auto focus feature. You may need to wait a second for the auto focus to find the lesion. If your camera is too close to the lesion this usually will result in out of focus photographs. Move your camera away from the area and focusing should be easier.



8 SENDING THE IMAGES

- The primary care computer system EMIS does not like files bigger than 1MB. As some smartphones can taken images over 10MB we always ask that you send images as 'large' and NOT 'actual size'.



The health care professional requesting the images will advise you where to send your photographs

Please include the following information:

Your full name and date of birth in the subject line of the email. In order to store the images as part of your health record we will need consent, so you please type the following into the email:

Your name (patient's name) I consent to the attached images being stored as part of my health record for monitoring purposes only

For under 18 year olds please can you add the parent's name.