

## How to take a good photograph of your skin problem

### Getting ready

- You can use a phone camera or digital camera. If using a phone, use the main camera not the “selfie” camera
- Check that your camera lens is clean
- Turn off the flash
- Find an assistant. It’s much better if someone else takes the photo
- Move to a bright area with lots of natural light, but avoid direct sunlight
- Make sure your assistant doesn’t cast a shadow over the area being photographed
- Place the area to be photographed on a plain background (such as a plain towel, sheet or wall) if possible

### Taking the photo

- We need 2 photos for each lesion.
  1. **An orientation photo** - Stand 1 meter away from the area of interest and take the photo. This shows where the problem is and how big an area it covers. Try to show the whole area affected if it is a rash, including both sides of the body if possible
  2. **A close-up photo** – Move your camera 10-12cm (4-5in) from the skin problem. On most phones you can touch the screen to focus on the area of interest. If you get too close, the camera won’t be able to focus
- Take a few photos and only send the best. Check that the skin problem is in focus and easy to see. The skin lesion or rash needs to look the same on the screen as it does in real life

### Sending the photo

- Your doctor or practice administrator will tell you how to send the photo
- Only send 2 photos of each skin lesion, as above
- If given the option by your e-mail programme, reduce the picture size to between 1 and 2 Mb but no smaller.
- Please put your name and date of birth as the subject of the e-mail
- By sending the photo via e-mail, you acknowledge that no communication system can guarantee complete security and there is a small possibility that the message could be intercepted by a third party. You are also giving consent for it to be stored in your medical record

If you would like to watch a video to learn more, click this link <https://vimeo.com/410068431>