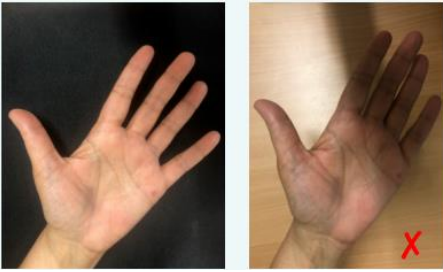


How to take the best photographs of your skin lesion or rash

1. 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.

2. Good overhead lighting is ideal.

Consider using flash because general office or household lighting may not be sufficient.



3. Take at least three photos:

- An image showing the location on the body
- A view of the lesion or rash
- A close-up image of the lesion/rash

4. Consider additional views.

If possible, also provide photos from different angles (such as from above, from straight on, from the side of the lesion) or with a ruler or household object to show size.



5. Auto-focus the lesion.



Images must be in focus. 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, this usually results in an out-of-focus photograph.

Other tips:

- Please include your full name and date of birth in the subject line of your email.
- Ensure you have completed an **Email Consent Form** to communicate with the Centre for Family Medicine. If you have not, please find the online form to do so [here](#).
- Consider setting your camera or smartphone image resolution to a lower setting (such as “medium”) in order to ensure that the image can be sent via email and saved into your chart.