



Lupus and the Sun

What You Need to Know

A guide for patients with lupus or photosensitivity



Why does the sun matter if you have lupus?



- People with lupus can develop photosensitivity (sensitivity to sunlight).
- Sunlight (especially UV rays) can:
 - Trigger lupus rashes (like the butterfly rash or red, scaly patches).
 - Worsen fatigue, joint pain, and other lupus symptoms.
 - Cause flares of the disease.

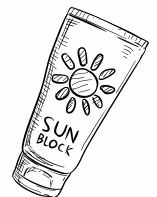
Stay Safe in the Sun

- **Avoid peak sun hours (10 AM – 4 PM).**
- **Seek shade whenever possible.**
- **Wear protective clothing:**
 - Long sleeves and pants (lightweight, breathable fabrics).
 - Wide-brimmed hat.
 - Sunglasses with UV protection.
- **Use sunscreen every day:**
 - Broad-spectrum SPF 50 or higher.
 - Reapply every 2 hours (more if sweating or swimming).
- **Remember indoor light and windows:**
 - UVA rays can pass through glass.
 - Consider UV-protective window film for car or home.

Medication and Sun Sensitivity

Some lupus medications can make you extra sensitive to sunlight. Ask your doctor or pharmacist if your medicines have this side effect.

Living Well with Lupus



- Sun protection does not mean giving up outdoor activities.
- Plan walks or activities in the early morning or late afternoon.
- Enjoy shaded outdoor areas.
- With preparation, you can still enjoy time outside safely.

