

# How to take good photos (of a rash)

This quick guide has been written to help you provide the doctor with the best possible photos. The better the photos, the more accurate the doctor can be with their diagnosis. Getting it right the first time also helps prevent delays and the need to contact you to re-submit photos. So let's begin.

## **Step One – Prepare your skin**

First wipe off any creams, make-up or anything else that may obscure the true nature of the skin problem.

## **Step Two – Assistance**

Ask someone to help if the rash is in an awkward place or you cannot steadily hold your phone/camera with two hands.

## **Step Three – Lighting**

Ensure you are taking photos in a well-lit area. Natural light is best.

## **Step Four – Remove Distractions**

Remove distracting items e.g. jewellery, wristwatches, etc. Move or remove clothing which hides the area being photographed.

## **Step Five – Neutral Background**

Take photos against a neutral background e.g. a single coloured wall or countertop. Avoid busy wallpapers and lots of background colour.

## **Step Six – Steady your Camera**

Open your smartphone camera app or digital camera and steady with both hands.

## **Step Seven – Orientation**

Orient the camera parallel to your skin; try to avoid angling up or down.

## **Step Eight – Focus**

Focus your camera and capture the photo (e.g. on smartphones you can touch your phone to auto-focus). Retake the picture if it's blurry.

## **Step Nine – Angles & Zoom**

Take photos from more than one viewpoint and take both near and far photos. If your rash is widespread it is useful to get a photo of where e.g. your entire back.

## **Step Ten – Upload**

Now that you have taken the photos, pick the best ones and upload. If you are completing the questionnaire on your smartphone or tablet then the link will automatically connect to your photo gallery. If not, you may need to transfer the images to your laptop or PC via Bluetooth/Airdrop, cable, or email.

And that's it! If you are experiencing issues please contact us and we will do our best to assist you.