

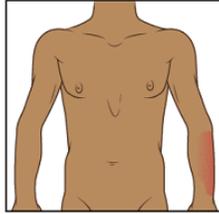
## General Photo-taking Tips

1. **Gather your supplies**
  - A camera or a device with a camera, such as your cell phone.
  - A tripod or camera stand, if you'd like to use one.
  - A measuring tape or ruler.
  
2. **Set up the background**
  - Find a place to take the picture where there will be no clutter in the background.
  - A solid-color background will help your camera focus so your pictures are clear.
    - If you don't have solid-color background, you can hang up a solid-color bed sheet or cloth and stand in front of it.
  
3. **Plan the lighting**
  - Set up the tripod or camera stand, if you're using one.
  - Turn on the flash on your camera. The flash will give you the light you need.
  - Make sure light is shining directly on the area you're taking a picture of. If something is in the way of the light, it can cause shadows in the picture.
  - Make sure that you, or the person helping you, can hold the camera so that it doesn't cast a shadow on the area you're taking a picture of.
  - If your healthcare provider asked you to measure the area, place the tape measure or ruler near the area you're taking a picture of.
  
4. **Take the picture**
  - Hold the camera flat and pointed directly at the area you're taking a picture of.
  - Hold the camera still while taking the picture.
  - If you're using your phone, look at the area you're taking a picture of on the screen. Tap the screen to make your camera focus.
  - When you're ready, take the pictures.
  - Check each picture to make sure they're clear. If any of your pictures look blurry or don't show the right area, take that picture again. Don't try to edit the picture.

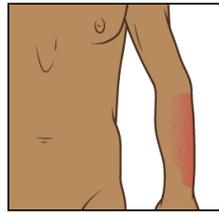
## How to take Photos of your Skin for your Care Team

Take your pictures from 3 different views to help your us see and understand the size of the area.

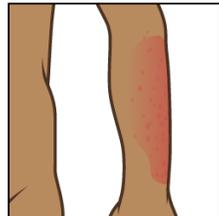
**Picture 1:** For the first picture, set up your camera or have someone hold the camera around 4 feet (1.2 meters) away from your body. We should be able to see the entire body part you're taking a picture of.



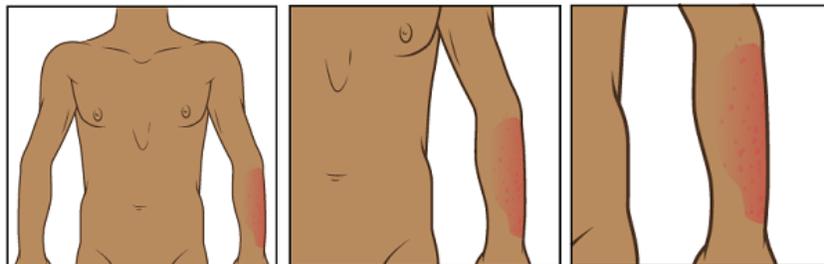
**Picture 2:** For this picture, set up your camera or have someone hold the camera around 2 feet (.6 meters) away from your body. We should be able to see the body part that you're taking a picture of but a little closer. For example, if the rash is on your forearm, your picture should show your forearm and wrist.



**Picture 3:** For your last picture, set up your camera or have someone hold the camera around 1.5 feet (.5 meters) away from your body. This picture should be as close as possible to the area while staying in focus so we can see the texture of the area (see Figure 4). If you're taking your pictures with a touch-screen phone, it may be helpful to tap the screen to make the camera focus on the area of interest.



When you're done, you should have pictures from 3 different views to attach.



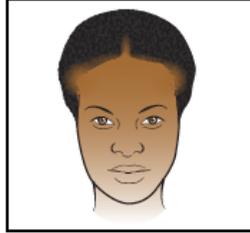
\*Adapted with permission from Memorial Sloan Kettering Cancer Center  
<https://www.mskcc.org/cancer-care/patient-education/tips-taking-pictures-share-your-healthcare-provider>

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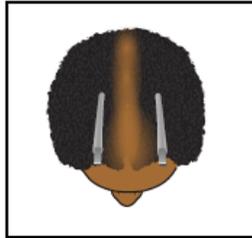
## How to take Photos of your Scalp for your Care Team

Ideally, we ask that you take pictures from 5 different views to help us see and assess your scalp. Follow the guidelines in this section to take your pictures. You may need to have someone help you take these pictures.

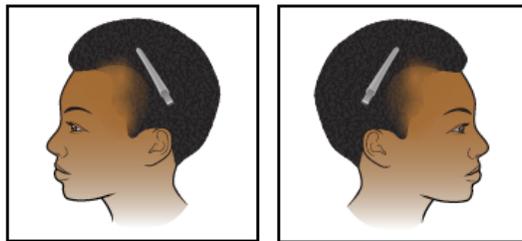
**Picture 1:** Hold the camera, or have someone hold the camera, about 2 feet (0.61 meters) away from your face. Look directly at the camera. We should be able to see your whole face in the picture.



**Picture 2:** Turn your head down so you're looking at the floor. Hold the camera, or have someone hold the camera, so it's facing the top of your scalp. We should be able to see the whole top of your scalp in the picture.



**Pictures 3 and 4:** Turn your head to the left. Hold the camera, or have someone hold the camera, about 2 feet away from your head. We should be able to see the whole left side of your scalp in the picture. Repeat for the right side.



**Picture 5:** If you don't have someone helping you, you may need to set up a tripod or camera stand for this picture. Have someone stand behind you or stand in front of your tripod or camera stand with your back facing the camera. Turn your head up so you're looking at the ceiling and take a picture of the back of your scalp. We should be able to see the top and back of your scalp in the picture.

