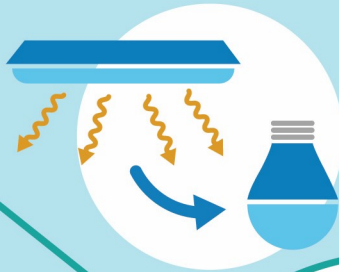




Photosensitivity Card for Teachers

Replace fluorescent lights with LEDs

LED lights emit no ultraviolet (UV) and pose less of a threat to people with light sensitivity.



UV or tinted films on windows

Window films block ultraviolet light whilst allowing the rest of light through.



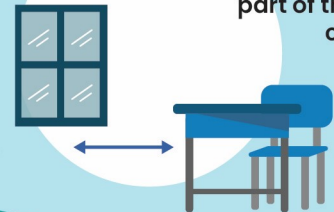
Plan school trips in advance

In a new environment different adaptations will have to be made. Consider shaded areas for lunch or when stopping to look at anything.



Move desks away from direct light

Light sensitive individuals are prone to reactions at bright windows. Discuss desks being situated in shaded areas as part of the pupil's care plan.



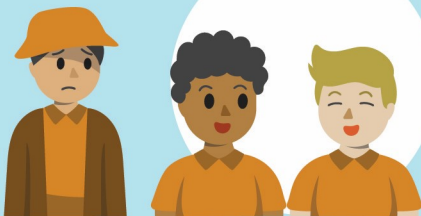
Talk to the guardian and child and get a care plan in place

Protection measures such as hats, clothing; knowing a safe duration of time outside and SPF 50+ for areas that can't be covered will be key.



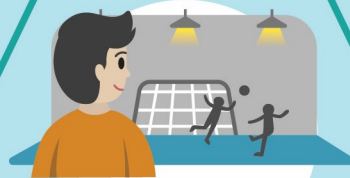
Emotional effects

It can be difficult for a child to feel they are in any way 'different' from their peers and they may need extra emotional support.



Alternatives to outdoors when required

When adaptations cannot be made to facilitate outdoor play, talk to the child's guardian about indoor solutions, e.g. an indoor area to play football at playtimes.



Areas of shade outdoors

Providing shaded areas outdoors may allow the pupil to take part in outdoor activities, but this will depend on their light sensitivity.



Remember, teachers have a duty of care to protect pupils from harm.