



# Sun Safety

## Sun Tanning / Indoor Tanning

### Did you know?

- Ultraviolet (UV) rays from the sun and indoor tanning devices are carcinogenic (cancer causing).
  - It is illegal for people under 18 to use tanning beds in Ontario.
  - Young people are more vulnerable to the harmful effects of UV rays.
  - Using indoor tanning devices before age 35 increases the risk of melanoma by 75%.
- Melanoma is the most dangerous type of skin cancer.**

### Exposure to UV rays can lead to:

- Wrinkles
- Skin damage
- Premature skin aging
- Retinal burns
- Cataracts
- Eye lesions

**ONE** indoor tanning session can **INCREASE** the **RISK** of **SKIN CANCER.**

## Protect your skin and eyes from the sun

- 1 Time of Day:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.
- 2 Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter.
- 3 Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.
- 4 Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant'. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.
- 5 Sunglasses:** Wear close fitting/wrap-around style with UV 400 or 100% UV protection.

### Things to avoid

- Getting a tan or a sunburn.
- Exposing yourself to UV rays to meet vitamin D needs. Use food or supplements instead.

