

There is no safe way to tan!

Going South?

Remember these sun safety guidelines for maximum enjoyment on your vacation:

- The closer you are to the equator, the stronger the sun's rays.
- Check the UV index daily to better prepare yourself for outdoor activities.
- Limit sun exposure between 11 a.m. and 4 p.m.
- The typical UV index in the tropics is 10 to 12 (extreme hazard level, skin will burn in less than 10 minutes).

Healthy bodies come in a variety of weights, shapes, sizes, and colours. Feel good about yourself and your natural skin colour.



For More information:

Canadian Cancer Society
www.cancer.ca
1-888-939-3333

Canadian Dermatology Association
www.dermatology.ca
1-800-267-DERM

Your health professional

Your local pharmacist

Porcupine Health Unit
169 Pine Street South
Timmins, ON P4N 2K3
705-267-1181
or 1-800-264-3980
www.porcupinehu.on.ca



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Artificial Tanning

Learn the facts before frying

Indoor tanning is not a safe way to tan

Wrinkles, blotchiness and sagging of the skin are all results of UV exposure

Notan is worth dying for!

No tan is worth dying for!

Fact:

Ultraviolet radiation causes skin cancers.

Fact:

Ultraviolet radiation (UVA) is present in tanning lamps as well as the sun.

Ultraviolet A Rays (UVA):

- remain the same strength throughout the year,
- can be given off in high doses by tanning lamps (2 to 5 times more than the sun),
- are absorbed by deeper layers of skin, causing permanent damage,
- can cause brown blotchy discolouration, aging, wrinkling, sagging skin,
- can weaken the immune system, and
- may cause skin cancer.

Ultraviolet B Rays (UVB):

- are strongest in the summer,
- can cause skin cancer,
- are given off by some tanning lamps, and
- are absorbed by outer layers of skin, causing sunburn.

Fact:

Exposure to ultraviolet radiation can also cause:

- Eye damage (e.g. cataracts).
- Skin reactions from some medications, cosmetics, and lotions.

Fact:

There is no safe way to tan.

- Damage can be both immediate and long-term.
- All the UV rays that you have been exposed to in your lifetime add up. Your skin never forgets!

Fact:

A base tan through artificial tanning does not protect the skin from burning.

- Any tan is a sign of permanent skin damage.
- Bronzing of the skin may provide a Sun Protection Factor (SPF) of 3, but this is not enough. The minimum protection recommended is SPF 15

Fact:

Everyone is at risk for UVR damage. People with red or blond hair, blue eyes, fair skin, freckles, and who sunburn easily are at the highest risk.

Remember:

Artificial tanning may damage your skin which could lead to skin cancer and other serious health conditions.

If you really want to look tanned, try applying a self-tanning cream that will colour your skin and give you the appearance of a tan.

Check your skin regularly for changes in moles or for sores that do not heal. Consult your health professional if you have any concerns.

