

Using Tanning Beds

Are you heading south for a holiday? Thinking of maintaining or getting a head start on your tan to avoid a sun burn?

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 colors. Feel good about yourself and your natural skin color.

Indoor tanning is not a safe way to tan.

Exposure to ultraviolet (UV) radiation from the sun or artificial tanning equipment increases your risk of developing skin cancer. Skin cancer is the most common type of cancer among people 20 to 50 years of age.

Reducing your exposure to any ultraviolet radiation from the sun or tanning equipment is the most important way to reduce your risk of developing skin cancer. Wrinkles, blotchiness and sagging of the skin are all results of UV exposure.

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

Any tan is a sign of permanent skin damage.

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.

