



Teen Tanning

Did you know?

Indoor tanning will give you wrinkles and sunspots, raise your risk of getting skin cancer (including melanoma, a skin cancer that can be deadly).

Action Plan

- Love the skin you're in! You're beautiful just the way you are and tanning is very dangerous.
- Do not use tanning salons or other indoor tanning devices.
- Do not deliberately tan or burn while in the sun. Use a broad-spectrum sunscreen with SPF of 15 to 30. Wear protective clothing and hats.
- If you use a spray tan, still use sunscreen. You can still burn because spray tans do not contain any sunscreen.

[more](#) →

NYSHECK.ORG

Resources

nyc.gov/health and search "indoor tanning"

For more information about the hazards of tanning salons, visit healthychildren.org and search "Teens and Tanning."

For more information visit: nyscheck.org/rxs

