



Teen Tanning

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



- ✓ 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 at the beach. Use a broad spectrum sunscreen with SPF of 15-30. 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.

Signed: _____





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- ✓ For more information about the hazards of tanning salons visit: www.healthychildren.org (and search “Teens and Tanning”)
- ✓ For more information on prevention visit: nyscheck.org/rx

