



# Teen Tanning

## Did you know?

*Indoor tanning will give you wrinkles and sunspots, and 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. Wear protective clothing and hats. Seek shade whenever possible. Use a broad-spectrum sunscreen with SPF of 15 to 30, reapply every 2 hours, or after swimming or sweating.
- If you use a spray tan, still make sure to protect your skin. Spray tans do not contain sunscreen so you can still burn unless you protect yourself with clothing and hats, shade, and sunscreen.

[more →](#)



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## Resources

For more information about the hazards of tanning salons, visit [healthychildren.org](https://www.healthychildren.org) and search "Teens and Tanning."

For more information visit: [nyscheck.org/rxs](https://www.nyscheck.org/rxs)

