

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 U.V. Index daily to better prepare yourself for outdoor activities.
- ❖ Limit sun exposure between 11 a.m. and 4 p.m.
- ❖ Typical UV Index in the tropics is 10 - 12 rating.

The UV Index: Typical Summer Midday Values		
UV Index	Hazard Level	Sunburn Time
Over 9	extreme	Less 10 min.
7 - 9	high	20 min.
4 - 7	moderate	30 min.
0 - 4	low	Over 30 min.

Follow these guidelines before heading out into the sun:

- ❖ Use a sunscreen with SPF 15 or higher with both UVA and UVB protection
- ❖ Apply 30 minutes before going outside
- ❖ Re apply every 2 hours
- ❖ Wear a wide-brimmed hat
- ❖ Protect your eyes with sunglasses
- ❖ Wear long sleeves and pants
- ❖ Seek or create shade

Need more information?

- ❖ Canadian Cancer Society
Waterloo Region (519) 886-8888
www.cancer.ca
1-888-939-3333
- ❖ Canadian Dermatology Association
www.dermatology.ca
1-800-267-DERM
- ❖ Your Health Professional
- ❖ Your local Pharmacist
- ❖ Waterloo Region Community Health Department (519)883-2253

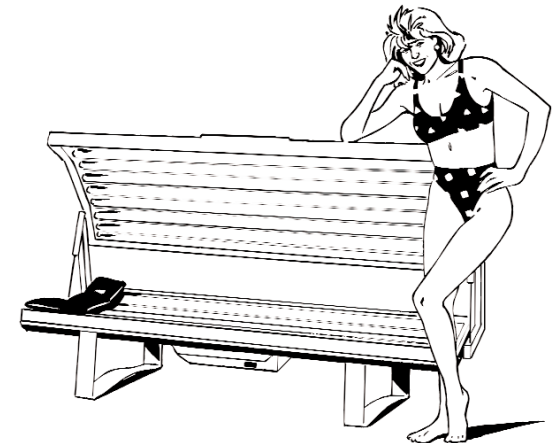


Produced by the Heart Health and
Cancer Prevention Program
Waterloo Region Community Health Department
99 Regina Street South
Waterloo, ON N2J 4V3



#EHLRP005
17/01/01

Thinking About Artificial Tanning?



Know the Facts

Indoor tanning **IS NOT**
a **SAFE** way to tan.

Fact:

Skin cancers are caused by ultraviolet radiation.

Fact:

Ultraviolet Radiation (UVR) is present in tanning lamps as well as the sun.

Ultraviolet A Rays (UVA):

- ❖ strength is similar year round
- ❖ can be given off in high doses by tanning lamps (2 - 5 times more than the sun)
- ❖ are absorbed by deeper layers of skin, causing permanent damage
- ❖ can cause aging, wrinkling, leathering, sagging of skin
- ❖ can weaken the immune system
- ❖ may cause skin cancer

Ultraviolet B Rays (UVB):

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

Fact:

Exposure to Ultraviolet Radiation can also cause:

- ❖ eye damage; eg. 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:

Artificial tanning does not protect the skin from burning with a base tan.

- ❖ 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 blonde 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 conditions.

There is no such thing as a safe tan.

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

Still planning on artificial tanning?



Follow these guidelines to reduce your risk of skin damage and other serious health problems:

- ❖ Ask for information about the tanning bed
- ❖ Learn the proper use of the tanning bed.
- ❖ Always use approved eye goggles that block ultraviolet light
- ❖ Be aware that some medications, cosmetics and lotions increase skin sensitivity to UVR.
- ❖ If itching, burning or skin discomfort develops, stop using the tanning bed and seek medical help.