**Did you know?**

- Ultraviolet (UV) rays from the sun and indoor tanning devices are carcinogenic (cancer causing).
- It is illegal for people under 18 to use tanning beds in Ontario.
- Young people are more vulnerable to the harmful effects of UV rays.
- Using indoor tanning devices before age 35 increases the risk of melanoma by 75%.

**Melanoma is the most dangerous type of skin cancer.**

**Exposure to UV rays can lead to:**

- Wrinkles
- Skin damage
- Premature skin aging
- Retinal burns
- Cataracts
- Eye lesions

**ONE indoor tanning session can INCREASE the RISK of SKIN CANCER.**

**Enjoy the sun safely. Protect your skin and eyes.**

1. **Time of Day:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.

2. **Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter.

3. **Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.

4. **Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled ‘broad spectrum’ and ‘water resistant’. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.

5. **Sunglasses:** Wear close fitting/wrap-around style with UV 400 or 100% UV protection.

**Things to avoid**

- Getting a tan or a sunburn.
- Exposing yourself to UV rays to meet vitamin D needs. Use food or supplements instead.