



They wouldn't be

caught dead

in a tanning bed
so why would

you?

UV rays from tanning bed lamps have the same effect as rays from the sun. Tanning lights can give off five times as much UVA as the sun, causing:

- skin cancer
- sunburns
- wrinkles
- eye damage

When you expose your skin to UV rays — whether from the sun, tanning beds or sun lamps — you increase your chances of getting skin cancer.

Melanoma is the second most common form of cancer in Ontarians aged 15 to 34 years. Frequent UV exposure and sunburns before age 18 increases the risk of developing severe skin cancer later in life.

Skin cancer is the most common type of cancer. It's also one of the most preventable. Know the hazards involved, and make a choice about the amount of UV radiation you may be getting.

Don't be *caught dead*
in a tanning bed.

*Sources: Health Canada, Canadian Cancer Society, World Health Organization, Canadian Dermatology Association

For more information, please contact York Region *Health Connection* at
1-800-361-5653 (TTY 1-866-252-9933) or www.york.ca/healthyschools


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