

**TANNING
COULD HAVE
YOUR
HIDE**

UN
QUÉBEC
POUR TOUS

Québec 

THE HARMFUL EFFECTS OF TANNING

Prolonged and frequent exposure to ultraviolet (UV) rays from the sun or tanning equipment can be dangerous.

UV rays can cause accelerated aging of the skin, wrinkles, and brown spots. Worse, UV rays can cause skin cancer, damage your eyes, and weaken your immune system.

Tanning as a result of prolonged exposure to UV rays is anything but a sign of health. In fact, it is evidence of deep skin damage.

ARTIFICIAL TANNING

Artificial tanning does not provide any real protection against sunburn: "Getting a base tan" before going on vacation does not get your skin ready for the sun. It's a myth.

The UV rays emitted by tanning equipment can be 10 to 15 times stronger than those from the sun. Using tanning equipment before the age of 35 can increase the risk of melanoma by over 59%. Melanoma is the deadliest form of skin cancer.

Check your skin regularly. It might save your life!

See your doctor if:

- A mole changes or bleeds.
- A spot looks different in terms of its shape or outline, changes color, or gets bigger.

**A TAN IS ANYTHING BUT
A SIGN OF HEALTH! IT
IS EVIDENCE OF SKIN
DAMAGE.**

Keep your natural skin tone
and stay healthy!

PROTECT YOURSELF AGAINST UV RAYS

- Stay in the shade.
- Wear protective clothing like wide-brimmed hats and long-sleeved shirts and tops.
- Wear sunglasses. When shopping for sunglasses, look for a "UV400" label. Sunglasses labeled "UV100" or "UV protection" do not provide sufficient eye protection.
- Avoid unprotected exposure to the sun between 10 a.m. and 4 p.m. when UV rays are at their strongest.
- If you can't stay out of the sun, apply sunscreen often. Be sure to use cream with a sun protection factor (SPF) of 30 or higher.
- Never use tanning equipment.



A LAW TO PROTECT YOUNG PEOPLE FROM UV RAYS

Minors (under age 18) are barred from artificial tanning salons: It's the law! The law even prohibits advertising that creates a false link between artificial tanning and good health.

**TANNING
ISN'T
HEALTHY!**

**SPREAD
THE WORD!**

Information and complaints:

1 855-RAYON-UV (729-6688)

Find out more:

www.sante.gouv.qc.ca

In partnership with:




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