

Did You
Know?

Tanning beds expose you to
3-6 times the radiation of the sun.
2.5 million teens use
tanning beds each year.

The**Facts**

According to the World Health Organization, people exposed to UV radiation from indoor tanning beds have a **59%** increased risk of getting melanoma.

Melanoma kills one person
every 50 minutes.

Melanoma is the
2nd most common cancer
between the ages of 15-29.

There is **no such thing** as a safe tan.

The **Good** News

It's easy to protect your skin.

Avoid indoor tanning and take precautions in the sun.

- Seek shade during the peak hours of 10:00am - 2:00pm.
- Be sure to use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30 on all exposed skin.
- Reapply every 2 hours.
- Wear protective clothing outdoors including wide-brimmed hats and UV-blocking sunglasses.

We hope you love the skin you're in, but if you still want to look tan, there are many sunless tanning products available - but be sure to use sunscreen.

While a limited amount of vitamin D can be obtained from exposure to the sun's UV radiation, the health risks of UV exposure, including skin cancer, are great.

Food sources such as oily fish, fortified dairy products, cereals, and supplements is a great alternative to retain daily vitamin D.

your skin is in
IMPACT MELANOMA

Your Skin Is In is a public awareness campaign to educate teens and parents about skin cancer awareness and the dangers of tanning.



800-557-6352

impactmelanoma.org

