

# WARNING

## Ultraviolet radiation (UV rays) is a known cause of skin cancer

- UV Tanning equipment such as tanning beds, booths, and lamps emit UV rays. The World Health Organization has classified the UV rays from this equipment as a known cause of skin cancer.
- Exposure to UV rays at a young age increases the risk of developing cancer. **If you are under 18 years old, you must have your parents' written consent to use tanning equipment.**
- Repeated exposure to UV rays increases your risk of developing cancer.
- UV rays contribute to premature skin aging and damage.
- Your risk of developing skin cancer is higher if your skin burns easily in the sun.
- If you are using tanning equipment, you must use protective eyewear to avoid severe burns or long term eye injuries.
- You should wait at least 48 hours between UV tanning sessions or sunbathing.
- Women who are pregnant or using birth control pills can develop skin discolouration from tanning.
- Some health conditions, cosmetics and medications can make your skin burn more easily or cause other skin reactions.

**You should talk to a health care professional if you are considering getting a tan.**