

Going South?

The closer you are to the equator the stronger the sun's rays. It may take 10 minutes or less for you to burn in the tropics!

Protect Yourself in 5 Easy Ways!



Plan to be outside in the early morning or late afternoon. Between 11 a.m. and 4 p.m. the sun's rays are most damaging. Take a siesta like the locals!



Seek shade or bring your own!



Cover up with long sleeves, pants and a wide brimmed hat.



Wear sunglasses.



Use sunscreen and lip balm with an SPF of 30 or higher.



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Thinking of Artificial Tanning?

A tan is a sign of skin damage

- Base tans do not protect your skin from burning. They provide an SPF of only 2-5
- Artificial tanning is not a safe way to get vitamin D

Everyone is at risk, especially if:

- You are under 18 years of age
- You are fair skinned, have freckles, moles or burn easily
- You have a personal or family history of skin cancer

Why Risk:

- skin cancer
- wrinkling, freckles, brown sun spots, cataracts
- suppressed immune system/cold sores

Still Want to Tan?

- Use approved goggles
 - Limit amount of time and sessions
 - Check your skin regularly for changes
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Have a Safe Holiday!

For more information contact **519-883-2008**



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