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Written By
Student Health
Center

TANNING BED SAFETY

Tanning Bed Tips:

- Wear UV protective eyewear.
- If you don't tan in the sun, don't use tanning beds.
- Stay away from the sun or bed 48 hrs. after using a tanning bed.
- Never tan more than 20 minutes!
- Never use products to accelerate tanning.
- Children < 18 yrs. old should not use tanning beds.
- Don't wear cosmetics while tanning.
- If your skin already has sun damage, don't continue to use tanning beds.
- Consult your doctor if you're on medications before using a tanning bed.

- Tanning in a tanning bed does NOT protect you from getting sunburned.
- You do not need to tan to get Vitamin D.
- The "healthy look" of a tan can be very UNhealthy—due to skin damage.

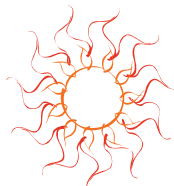
For more tips on tanning
beds, visit these websites:

www.cdc.gov
www.skincancer.org
www.WHO.int



POTENTIAL HEALTH RISKS:

- Skin cancer (melanoma, squamous, basal)
- Skin aging
- Immune suppression
- Eye damage, including cataracts & ocular melanoma



PROTECT
YOURSELF
FROM UV
RAYS IN-
DOORS &
OUT!

DID YOU KNOW? . .

**...THE US DEPT. OF HEALTH &
HUMAN SERVICES HAS
DECLARED SUN AND
ARTIFICIAL TANNING DEVICES
AS KNOWN CARCINOGENS!
....TANNING BEDS EMIT UVb &/**



For An Appointment or More Information Contact:
ASU Polytechnic Student Health Center: 7153 E. Thistle Ave.
Phone: (480) 727-1500 Appointments 9 a.m.-1 p.m. & 1:30-4:30 p.m.
Use ASU Student Insurance or we'll bill yours. Discount program available.