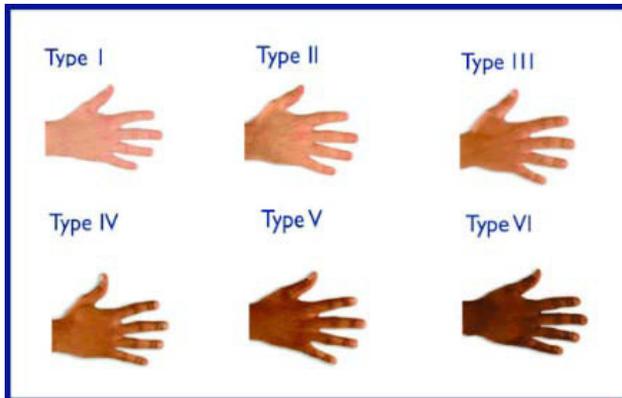


Know Your Skin Type

Do you know your skin type?

The Fitzpatrick Skin type Scale uses a series of questions to determine your degree of risk. The skin types are:

- TYPE I: Always burns easily, never tans
- TYPE II: Always burns easily, tans minimally
- TYPE III: Burns moderately, tans gradually
- TYPE IV: Burns minimally, always tans well
- TYPE V: Rarely burns, tans profusely
- TYPE VI: Never burns, deeply pigmented



Things to Consider Before You Tan

- Skin type: People with fair skin (Types I - III) or a history of sunburn are at a greater risk for harmful effects
- Medications: Some medicines and cosmetics can make your skin more sensitive to UV radiation
- Health: Talk to your doctor or a health care professional about your personal risk factors before you decide to tan

IMPORTANT NOTE!
If you do not tan in the sun, you are unlikely to tan from the use of tanning devices.

For More Information

Georgia Division of Public Health
Environmental Health Program
(404) 657-6534
www.health.state.ga.us/programs

U.S. Food and Drug Administration
www.fda.gov
(Click on Radiation Emitting Products, then click Tanning)

Indoor TANNING and Public Health



Environmental Health Program



GEORGIA DEPARTMENT OF
COMMUNITY HEALTH



Tanning devices vary from beds to standing booths

What are tanning devices?

Tanning devices are electronic products that use ultraviolet lamps and radiation to tan human skin.

Who regulates tanning devices?

The U.S. Food and Drug Administration regulates radiation-emitting devices. This includes tanning lamps and products that contain them, such as tanning beds, booths and portable home units.

The Official Code of Georgia mandates children under age 14 are prohibited from using tanning devices. Georgia Code also mandates registration, usage limitations, and a wide range of safety standards, including requirements for warning signs, eye protection and shielding from lamps.



Lamps in tanning devices can increase exposure to dangerous ultraviolet radiation compared to direct sunlight.

What is the body's defense from ultraviolet radiation?

There is no such thing as a safe tan. Skin pigment (also called melanin), absorbs the energy of ultraviolet radiation (UV) and helps prevent harm to the skin cells. Tanning of the skin and the darkening of the melanin is a sign of damage.

- Sensitivity to sunlight and ability to tan varies according to the amount of melanin in the skin
- The amount of melanin present in a person's skin depends on heredity
- Some people are able to produce large amounts of melanin in response to UV radiation, while others produce very little. Those who produce little melanin are most at risk of skin cancer and other risks associated with tanning



Melanoma, the deadliest form of Skin Cancer

The National Cancer Institute links the cause of Melanoma to getting severe sunburns, especially at a young age. It also reports the risk of getting Melanoma is increased by 75% when tanning bed use starts before age 35.

What health risks are associated with tanning devices?

The risks from tanning devices are similar to the risks from direct exposure to the sun. However, the health risks can increase with the use of tanning devices.

According to the American Academy of Dermatology, excessive or improper exposure to ultraviolet light can cause harmful changes in the skin and other organs.

The health risks include:

- Skin Cancer, including Melanoma
- Cataracts
- Impairment of the Immune System
- Premature Aging, Wrinkles, Sun Spots
- Photosensitivity

Maximum exposure time in a tanning bed at any one session should never exceed 15 minutes.