

## Answers to Quiz

- 1. FALSE-** Tanning beds are NOT safer than the sun. 20 min. in a tanning bed = 4 hrs. in the sun!
- 2. FALSE-** This is a myth. Any tan is skin damage!
- 3. TRUE-** Like the sun, tanning beds cause skin damage including aging, wrinkles, sagging and skin cancers.
- 4. FALSE-** Like the sun, tanning beds cause eye damage. Keep your eyes safe. Wear UV protective sunglasses or goggles!
- 5. FALSE-** SPF = Sun Protection Factor. 15 is the minimum SPF recommended. Apply 20 min. before going out, and reapply every 2 hrs. while in the sun and after swimming.
- 6. FALSE-** Tanning bed use can result in skin reactions with some medications, including birth control pills and certain antibiotics. If taking medication, ask your doctor or pharmacist about the risks.

- 7. TRUE-** Sunless tanning products, aka "tan in a can," are safe and effective. In recent years these lotions have improved and give the look of a real tan.

Score yourself one point for each correct answer.

0-2 Help! Time to learn more. Keep reading!

3-5 Not bad! You know the basics.

Remember: Knowledge is power!

6-7 Great! You're skin savvy. Keep up the great work!



For more information:  
Call the Thunder Bay District Health Unit at (807) 625-8313 or toll-free in the district at 1-888-294-6630.



## Volunteering for skin cancer?



Be Skin Savvy.  
Avoid Tanning Beds.

## The Tanning Bed Quiz

- 1. T/F** Tanning beds are a safer way to tan.
- 2. T/F** A "base" tan protects the skin from burning?
- 3. T/F** Tanning bed use leads to aging of the skin, wrinkles, sagging and skin cancers.
- 4. T/F** Eyes are safe from ultraviolet (UV) rays.
- 5. T/F** SPF 15 means Sun, Play and Forget for 15 hours.
- 6. T/F** Tanning bed use does not result in skin reactions with medications.
- 7. T/F** Sunless tanning products, aka "Tan In a Can" are safe and effective.

Answers on back of pamphlet.



## Sunless Tanning Tips

- Allergy is a possibility. Apply a small amount to the inside of your elbow for half an hour. If a reaction occurs, do not use! Consult your doctor or pharmacist for more information.
- Exfoliate first! Removing dry skin first will give you a better tan. A nylon cloth or body scrub works best.
- Next, apply a light moisturizer. This ensures the tan will be more even.
- If using a spray, spray evenly over your body. If using a lotion, apply it using a circular motion using the same amount of pressure as you rub it in. Don't forget about your elbows, knees and armpits!
- Wash your hands as soon as you are done so your palms aren't darker than the rest of you!
- Remember, it can take several hours before you see the full effect of your new tan!

## The ABCD's of Skin Cancer

Information supplied by the Canadian Cancer Society



**A**symmetry - one half is unlike the other half.



**B**order Irregular - scalloped or poorly defined border.



**C**olour Varied - from one area to another.



**D**iameter - larger than 6 mm should be checked by a doctor.

Contact your doctor if you have any questions or concerns.