

Sun Beds

Sun Beds



Men and women use a sun bed to get a tan.



Men and women use a sun shower to get a tan.



Having a tan does not mean you have good health.

Sun Beds



Sun beds and sun showers give out ultraviolet rays.

Sun beds and sun showers are not safe to use.



These rays can be stronger than the rays from the sun.



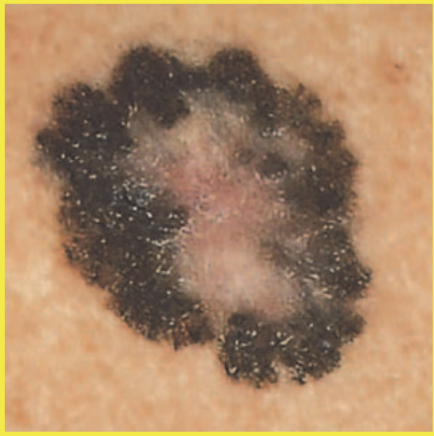
The rays can damage your skin.

Sun Beds



If your skin has changed colour this is a sign of damage to your skin.

This damage will stay with you after your tan is gone.



This damage can give you Skin Cancer.



Every time you use a sun bed you are damaging your skin.

You should not use a Sun Bed



You should not use a sun bed if you have had Skin Cancer or a family history of Skin Cancer.



You should not use a sun bed if you have lots of moles (50 plus).



You should not use a sun bed if you have pale skin.



You should not use a Sun Bed

You should not use sun beds if your medication makes your skin sensitive to ultraviolet rays.



If you use sun cream while using a sunbed it will not protect your skin from damage and ageing.



Being on a sun bed is the fastest way to damage your skin.

You should not use a Sun Bed



If your skin always or sometimes burns in the sun, you should not use a sun bed.



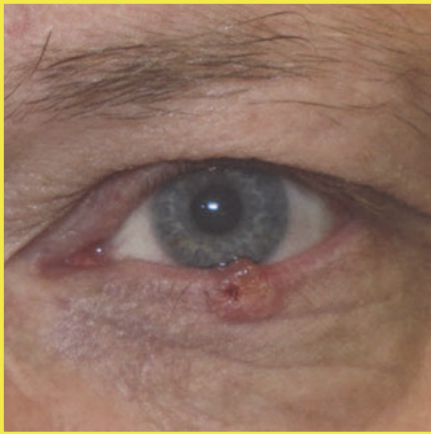
If you do not tan in the sun, you will not tan on a sun bed.



If you burn or go red under a sun bed this is a sign that you have damaged your skin.

You should not use a Sun Bed

Sun beds can also damage your eyes.



This leads to irritation, conjunctivitis and eye cancer.



If you do use sun beds and sun showers then wear goggles to protect your eyes.

Sun Beds and Sun Showers



You should avoid using sun beds and sun showers.



If you do use them please remember to have your skin checked first.

You should avoid using sun beds but if you do use them do not allow your skin to become red or burn.



This could happen in a minute.



Sun Beds and Sun Showers

If you do use sun beds or sun showers do not sun bathe and use a sun bed on the same day.



If you notice any changes in your skin contact your doctor.



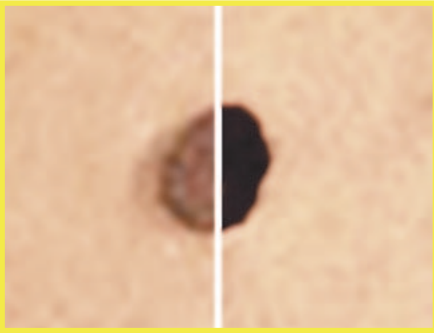
The law and sun beds and sun showers

It became law that sun bed salons cannot allow people under 18 years to use a sun bed or sun shower in England.

If you notice any changes to your Moles



If your moles get bigger, contact your doctor.



If the colour of your moles change, contact your doctor.



If your moles start bleeding, contact your doctor.

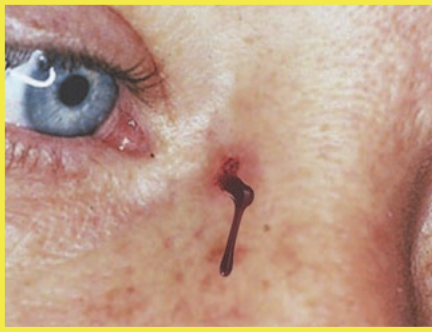


If your moles become itchy, contact your doctor.

If you notice any changes to your Skin



If you notice a sore that does not heal like other sores after three weeks, contact your doctor.



If you notice a sore that bleeds, contact your doctor.



If you have a sore that is itchy, contact your doctor.



If your sore does not heal after three weeks, contact your doctor.

Vitamin D



Vitamin D is important for good health. Our bodies make the vitamin when we spend a short time in the sun.



You do not need to use a sun bed to get your Vitamin D.

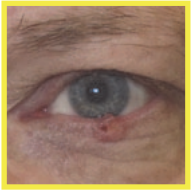
Wordlist



Ultraviolet rays; these are the rays that come from the sun and sun beds.



Medication; this can be in tablets, patches, or liquid form. Sometimes these may be stored in a blister pack.



(a) Irritation; means your eyes become sore.

(b) Conjunctivitis; means your eyes become sore and sticky.

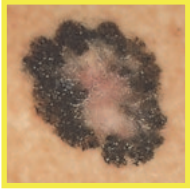


Law; on 8th April 2011 it became law that people under 18 years of age could not use a sun bed or sun showers.



Sun Bed Salons; this is a place where you can use sun beds and sun showers.

There are two types of Skin Cancer.



Malignant Melanoma; is a Skin Cancer. Malignant Melanoma is the 5th most common cancer in the UK (CRUK 2011). Sometimes this type of cancer may spread to other areas in your body.



Sun Beds and Sun Showers; Sun beds and sun showers cause around 100 deaths from Malignant Melanoma every year in the UK (CRUK 2010).



Non Melanoma; is another Skin Cancer.



This booklet is available in other languages and formats

This leaflet has been developed by the Health Promotion Specialist, Liverpool Community Health NHS Trust, and Rebuild Liverpool Primary Health Care Facilitators LD, Mersey Care NHS Trust in consultations with Community Focus Women's Group Southport Mersey Care NHS Trust, United Response Men's Group from Oakfield Day Centre, United Response Women's Group from Oakfield Day Centre, People First Merseyside and Mencap Liverpool Social Group.