

Ultraviolet (UV) radiation is emitted by the sun (natural UV) and by UVA/UVB-ray sunlamps (artificial UV)

All UV rays are classified as definitely carcinogenic (IARC - International Agency for Research on Cancer - World Health Organization)

Since UV rays can cause melanoma and other eyes and skin malignancies, it is important to always protect yourself

Natural tanning without protections is discouraged for all and especially for children (WHO - World Health Organization)

### Artificial tanning is forbidden to:

under-18s, pregnant women, people who have (or have had) skin cancers, people with skin types 1 and 2



### ATS Città Metropolitana di Milano

cares about your health and safety, even when you decide to tan in tanning salons and beauty centres!

This brochure is for information purposes only and cannot in any way substitute the advice of your doctor.

For further information:

- ASK your doctor or a dermatologist
- VISIT ATS Milano website and download the in-depth documents: [www.ats-milano.it/Milano-Campagnaats](http://www.ats-milano.it/Milano-Campagnaats) (Guida ai servizi: Salute e Ambiente – only in Italian)

Other useful links (only available in Italian):

[www.lamiapelle.salute.gov.it](http://www.lamiapelle.salute.gov.it)  
[www.ilsoleperamico.it](http://www.ilsoleperamico.it)

### ATS Città Metropolitana di Milano

advises you on and monitors tanning salons and beauty centres

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With the collaboration of **Emme Rouge** association for the fight against melanoma in memory of Mara Nahum.

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# TANNING WITH LOWER RISK

under the sun  
or the sunlamp

Sistema Socio Sanitario



ATS Milano  
Città Metropolitana

## UV: is there a risk to health?

Ultraviolet (UV) radiation is a recognised risk factor for developing skin cancers (melanoma) and eye damage (melanoma, cataract, damage to the retina).

## Are there any other risk factors?

Skin type (see section below), genetics, previous skin cancers, a large number of moles and sunburns – especially in childhood and adolescence – can favour the development of a skin cancer.

## What should I do?

1. Protect yourself with sunscreen.
2. Do not overexpose yourself to the sun and avoid exposure during peak sunlight hours (from 11am to 4pm).
3. **Self-check your skin** and/or take a specialised medical examination on a regular basis.

## NATURAL TANNING

Enjoy the sun with lower risk

Let your skin progressively adapt to the sun by exposing yourself gradually; by avoiding sunburns, you can get a more natural and lasting tan.

## How can I protect myself?

1. Apply a protective sunscreen to any uncovered parts of your body before exposing yourself to the sun. The sun protection factor (SPF) has to be appropriate to your skin type: the lighter and the more sensitive your skin is, the greater the protection factor has to be.
2. Apply the sunscreen at least 20 minutes before exposing yourself, several times a day, both in the mountains and at the seaside, and always after taking a swim.
3. Stay in the shade or limit sun exposure late in the morning and early in the afternoon.
4. Wear sunglasses with UV filter, a wide-brimmed hat and protective clothing.

## ARTIFICIAL TANNING

Using tanning devices is dangerous for your health (WHO)

If you decide to expose yourself nonetheless, choose a beauty centre where a qualified beautician evaluates your skin type and the state of your skin in each session and advises you based on your situation.

She should also create a personal file on you to record the dose of UVA and UVB radiation you absorb.

In addition:

1. always follow the beautician's recommendations on the duration, modalities and intervals between the sessions;
2. do not use sunscreens which, by delaying the tanning, lead you to increase the number of sessions;
3. do not burn your skin;
4. use protective goggles.

**It is important to know your skin type in order to expose yourself to UV radiation with reduced risks for your health. Find your skin type here:**



Blond or red hair, very light eyes and skin, freckles, sensitive to the sun. This type always gets a sunburn and never tans.



Blond or light brown hair, light eyes and skin, sensitive to the sun. This type usually gets a sunburn and does not easily tan



Brown hair, light or brown eyes, light brown/fair complexion. This type may get a sunburn, but usually gets tanned



Dark brown or black hair, dark eyes, olive or dark complexion. This type rarely gets a sunburn and tans easily



Black hair, dark eyes, brown/olive complexion. This type tans intensely



Black hair and eyes, black complexion. This type never gets a sunburn