



## INDOOR TANNING

### **What is indoor tanning?**

Using a tanning bed, booth, or sunlamp to get tan is called “indoor tanning.” Indoor tanning is linked to skin cancers including melanoma (the deadliest type of skin cancer), squamous cell carcinoma, and cancers of the eye (ocular melanoma).

### **What are the dangers of indoor tanning?**

Indoor tanning exposes users to both UV-A and UV-B rays, which damage the skin and can lead to cancer. Using a tanning bed is particularly dangerous for younger users; people who begin tanning younger than age 35 have a 75% higher risk of melanoma. Using tanning beds also increases the risk of wrinkles and eye damage, and changes skin texture.

### **Is tanning indoors safer than tanning in the sun?**

Indoor tanning and tanning outside are both dangerous. Although tanning beds operate on a timer, the exposure to ultraviolet (UV) rays can vary based on the age and type of light bulbs. You can still get a burn from tanning indoors. A tan indicates damage to your skin.

### **Can using a tanning bed to get a base tan protect me from getting a sunburn?**

Yes, a tan is a response to injury: skin cells respond to damage from UV rays by producing more pigment. Prevent skin cancer by following these tips from the Centers for Disease Control and Prevention:

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid indoor tanning.

### **Is indoor tanning a safe way to get vitamin D?**

Although it is important to get enough vitamin D, the safest way is through diet or supplements. Tanning harms your skin, and the amount of time spent tanning to get enough vitamin D varies from person to person.



**DELAWARE HEALTH  
AND SOCIAL SERVICES**  
Division of Public Health

## Frequently Asked Questions

### **What is the State of Delaware policy on indoor tanning?**

Minors are prohibited from tanning in all of State of Delaware tanning facilities. This means no one under the age of 18 years of age is permitted to tan on any tanning device in any tanning facility in the State of Delaware. Per 4454 Tanning Facilities Regulations, Section 2.0, Delaware Code Title 16.

### **How do I contact the State of Delaware about a complaint or question relating to indoor tanning?**

Email [HSPContact@Delaware.gov](mailto:HSPContact@Delaware.gov) with any complaints or questions.

**24/7 Emergency Contact Number: 1-888-295-5156**

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