

A: Whether individuals burn or tan depends on a number of factors, including their skin type, the time of year, and the amount of sun exposure they have received recently. The skin's susceptibility to burning can be classified on a five-point scale as outlined in the following table:

Skin Type	Tanning and Sunburning History
I	Always burns, never tans, sensitive to sun exposure
II	Burns easily, tans minimally
III	Burns moderately, tans gradually to light brown
IV	Burns minimally, always tans well to moderately brown
V	Rarely burns, tans profusely to dark
VI	Never burns, deeply pigmented, least sensitive

Though everyone is at risk for damage as a result of excessive sun exposure, people with skin types I and II are at the highest risk.