

# the Truth about Tanning

Your natural skin color is great the way it is!



**Myth** "I have to get a tan to look good."

**Truth** You should know your skin will pay a price!

**Myth**

"Only old people get cancer."

**Truth** Young women are getting skin cancer more often. The risk is real!

Every time you tan, you increase your risk of melanoma.

Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39. You can get melanoma in your eyes.

You can get more than a tan from a tanning bed.

If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:

- Genital warts
- Skin rashes
- Skin warts
- Flaky, discolored patches on your skin



**Myth**

"Having a good 'base tan' will protect my skin from the sun."

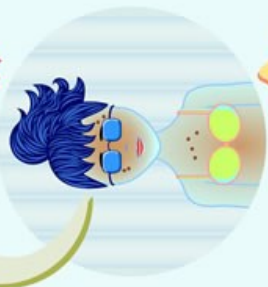


**Truth**

A tan is a sign of damaged skin.

**Myth**

"Tanning beds are a good way to get vitamin D."



**Truth**

Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.



**Your natural skin color is great the way it is! Every time you tan, you increase your risk of melanoma.**

**Myth:** I have to get a tan to look good.

**Truth:** You should know your skin will pay a price! Fine lines and wrinkles, cataracts, sagging skin, and brown spots.

**Myth:** Only old people get cancer.

**Truth:** Young women are getting skin cancer more often. The risk is real! Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39. You can get melanoma in your eyes.

**Myth:** Having a good base tan will protect my skin from the sun.

**Truth:** A tan is a sign of damaged skin.

**Myth:** Tanning beds are a good way to get vitamin D.

**Truth:** Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.

You can get more than a tan from a tanning bed! If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like genital warts, skin rashes, skin warts, and flaky discolored patches on your skin.

## SUN SAFETY

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. For the full list of recommendations, [click here](#).

- ⇒ Shade
- ⇒ Clothing
- ⇒ Wear a Hat
- ⇒ Use Sunglasses
- ⇒ Put on Sunscreen

