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

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

“Only old people get cancer.”
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.

“A tan is a sign of damaged skin.”
Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.

“You should know your skin will pay a price!”

Your natural skin color is great the way it is!

Truth about Tanning

Myth
“I have to get a tan to look good.”

Truth
“You can get more than a tan from a tanning bed.”

Myth
“Only old people get cancer.”

Myth
“Tanning beds are a good way to get vitamin D.”

Myth
“Having a good ‘base tan’ will protect my skin from the sun.”

Truth
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Myth
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National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control

CDC