THE BURNING TRUTH

TANNED SKIN IS NOT HEALTHY SKIN

DON'T GET *BURNED* BY TANNING MYTHS

#TanMyth

Some people believe the tanning bed gives them a "healthy glow".

#BurningTruth

Whether tanning or burning, you are exposing yourself to harmful UV rays that damage your skin. In fact, every time you tan, you increase your risk of melanoma. The truly healthy glow is the one you were born with.

@cdc_cancer * www.cdc.gov/cancer/skin/burningtruth/ * #burningtruth

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