If you're tanned, you're toast.

Tanned skin is damaged skin.

There's no other way to say it. Any change in skin color after time outdoors — whether suntan or sunburn — means damage from the sun's UV rays. And just a few serious sunburns can increase your risk of skin cancer. One million people will get some kind of skin cancer this year. Don't be one of them. Protect the skin you're in.

CDC
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