



THE BURNING TRUTH

# A BASE TAN IS NOT A SAFE TAN

**DON'T GET *BURNED* BY TANNING MYTHS**

## #TanMyth

There is a common misconception that a tan acts as the body's natural protection against sunburn.

## #BurningTruth

A tan is the body's response to injury from UV rays, showing that damage has been done. A "base tan" only provides a sun protection factor (SPF) of about 3 or less, which does little to protect you from future UV exposure.

@cdc\_cancer \* [www.cdc.gov/cancer/skin/burningtruth/](http://www.cdc.gov/cancer/skin/burningtruth/) \* #burningtruth



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

