



THE BURNING TRUTH

CONTROLLED TANNING IS NOT SAFE TANNING

DON'T GET *BURNED* BY TANNING MYTHS

#TanMyth

You may have heard that indoor tanning is the safer way to tan because you can control your level of exposure to UV rays.

#BurningTruth

Sensible indoor tanning is a myth. Indoor tanning exposes you to intense UV rays, increasing your risk of melanoma—the second most common cancer in women between 20 and 29 years old.

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

