



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.

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

