## the Truth about Tanning

Your natural skin color is great the way it is!



You should know your skin will pay a price!

> **Every time** you tan, you increase your risk of melanoma.

The risk is real!

Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39. You can get melanoma in your eyes.

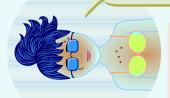


Having a good 'base tan' will protect my skin from the sun."

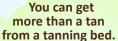


Truth

"Tanning beds are a good way to get vitamin D."



Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.



If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:

A tan is a sign of damaged skin.









National Center for Chronic Disease Prevention and Health Promotion





