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

You can get more than a tan from a tanning bed. If the tanning bed isn’t clean, you could pick up a serious skin infection with symptoms like:
- Genital warts
- Skin rashes
- Skin warts
- Flaky, discolored patches on your skin

Fact: 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.

Myth: “I have to get a tan to look good.”

Truth: You should know your skin will pay a price!

Myth: “Only old people get cancer.”

Truth: Young women are getting skin cancer more often. The risk is real!

Myth: “Tanning beds are a good way to get vitamin D.”

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

Myth: “Having a good ‘base tan’ will protect my skin from the sun.”

Truth: A tan is a sign of damaged skin.

Your natural skin color is great the way it is!