



**THERE IS
NO SUCH
THING AS
A SAFE
TAN.**

MYTH

Many believe using a tanning bed to get a “base tan” prevents later sunburns.

FACTS

A “base tan”—whether from a tanning bed or the sun—does not prevent sunburns! A tan, much like a sunburn, signals DNA damage caused by UV rays. Whether due to sun exposure or tanning beds, damaged DNA leads to mutations in skin cells. These mutations can lead to melanoma and other forms of skin cancer.

AIM
AT MELANOMA
FOUNDATION

GET THE FACTS.
REDUCE THE RISK.
SPREAD THE WORD.

