

Think Indoor Tanning Can't Hurt You?



think again

Tan skin is damaged skin.

KNOW *the* FACTS

REASONS TO AVOID INDOOR TANNING

ULTRAVIOLET RADIATION from tanning beds and sun lamps causes melanoma, the deadliest form of skin cancer.

MELANOMA is one of the most common forms of cancer in young women under age 30.

A "BASE TAN" from indoor tanning does not protect you from a sunburn.

INDOOR TANNING also causes premature wrinkles, severe burns, and eye problems.

INDOOR TANNING is not a safe way to get vitamin D.

IT IS ILLEGAL to indoor tan in New York State if you are younger than age 18.

**Avoid indoor tanning like
your life depends on it.**

**CANCER
PREVENTION
IN ACTION**

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visit: TakeActionAgainstCancer.com

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