Tan skin is damaged skin.

**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.