

What you need to know about sunburns and tanning

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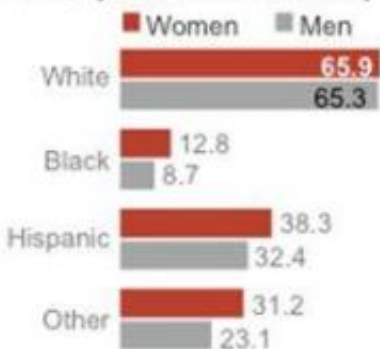
Sunburns & tanning

Young people still clamor for a golden tan and often get burned doing it. Prevalence of at least one sunburn in the past 12 months, adults aged 18-29:

Total by year



2010, by sex and race/ethnicity



SOURCE: Centers for Disease AP Control and Prevention

Graphic shows sunburn prevalence for young adults

(AP) -- Roughly half of young adults under 30 say they've had a sunburn in the past year. Not a big deal?

It raises the risk for [skin cancer](#), including melanoma, a rare but often lethal cancer. Experts say that even one blistering burn can double the risk of developing melanoma.

THINK [TANNING BEDS](#) ARE SAFER?

You'd be wrong. The [World Health Organization](#) classifies tanning devices as carcinogens, meaning their use can lead to cancer.

THINK YOU NEED TO BE BRONZE TO LOOK GOOD?

Well, the pale look hasn't been a problem for celebs like Kristen Stewart, Gwyneth Paltrow or Taylor Swift.

WHAT ABOUT PEOPLE WITH DARK SKIN? DO THEY HAVE TO WORRY ABOUT THE SUN?

Melanoma risk for blacks and other dark-skinned people is much lower, but even they can develop it.

WHAT'S THE ADVICE?

To be safe, avoid direct sun between 10 a.m. and 4 p.m. or cover yourself. And when you must be in the sun, use sunscreen often.

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