

# When You're in the Sun, **your shield**

# SHIELD

**Protect your skin from the sun's UV rays.**



Did you know that UV rays can make your skin wrinkled and leathery and can lead to skin cancer? More and more people are developing melanoma, a deadly form of skin cancer. Fortunately, you can protect your skin from UV rays by adding some extra clothing.

**Protect the skin you're in.**



## Choose Your Cover

[www.cdc.gov/ChooseYourCover](http://www.cdc.gov/ChooseYourCover)



**CDC**  
CENTERS FOR DISEASE CONTROL  
AND PREVENTION

