

# When You're in the Sun, **your** **use head**

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? Plus, up to 80% of skin cancers occur on the head and neck. Wearing a broad-brimmed hat protects not only your face, but your scalp, ears, and neck too – likely targets for unexpected burns. So use your head. It's easy!  
**Protect the skin you're in.**



**Choose Your Cover**

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



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