

**That sunburn
may not be the
only souvenir you
bring back from
your vacation.**



WARNING: Even a few serious sunburns can increase your risk of getting skin cancer.

UV rays from the sun can damage exposed, unprotected skin in as little as 15 minutes. Yet, it can take up to 12 hours for skin to show the full effect of sun exposure. What's pink today may be burned tomorrow. And just a few serious sunburns can increase your risk of getting skin cancer. By protecting your skin you can reduce your risk of burning. Protecting your skin makes sense — 'cause getting skin cancer is no day at the beach.



CDC
CENTERS FOR DISEASE CONTROL
AND PREVENTION

**Choose
Your
Cover**

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