

When You're in the Sun, **your**
choose

cover

Protect yourself from the sun's UV rays.



get a hat



seek shade

Did you know that UV rays can make your skin wrinkled and leathery and can lead to skin cancer? Protecting your skin makes sense. Know your options.

Protect the skin you're in.



cover up



rub it on

Choose Your Cover

www.cdc.gov/ChooseYourCover



grab shades