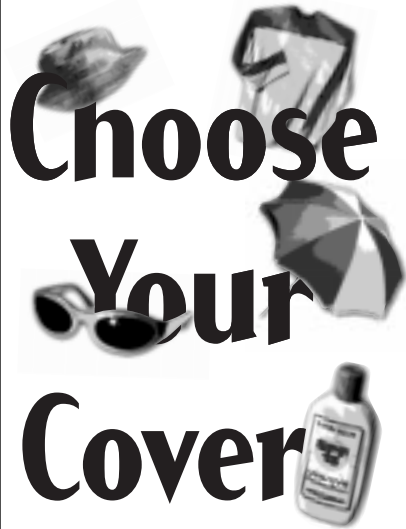


**When you're
in the sun...**



**get a hat • cover up
• grab shades •
seek shade • rub it on**

**Protect yourself from
the sun's UV rays.**

UV rays can hurt your skin in more ways than one. Just a few serious sunburns can increase your risk of getting skin cancer. And, over time, UV exposure can make your skin wrinkled and leathery. So do yourself a favor. Protect the skin you're in.



CDC
CENTERS FOR DISEASE CONTROL
AND PREVENTION

When you're in the sun...



get a hat • cover up • grab shades • seek shade • rub it on

Protect yourself from the sun's UV rays.

UV rays can hurt your skin in more ways than one. Just a few serious sunburns can increase your risk of getting skin cancer. And, over time, UV exposure can make your skin wrinkled and leathery. So do yourself a favor. Protect the skin you're in.



CDC
CENTERS FOR DISEASE CONTROL
AND PREVENTION