

When You're in the Sun, **your**  
**seek e**

**shade**  
**s**

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



Did you know that tanning, as well as burning, can increase your risk of getting skin cancer? UV rays can also make your skin wrinkled and leathery. So, whenever possible, avoid the midday sun or at least find some shade.

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



**Choose Your Cover**

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

