

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



**grab shades**