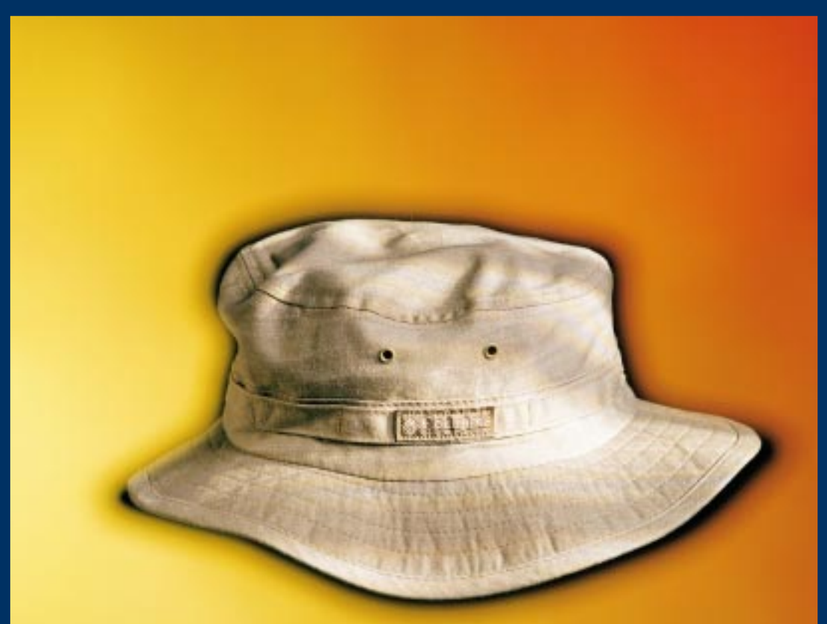
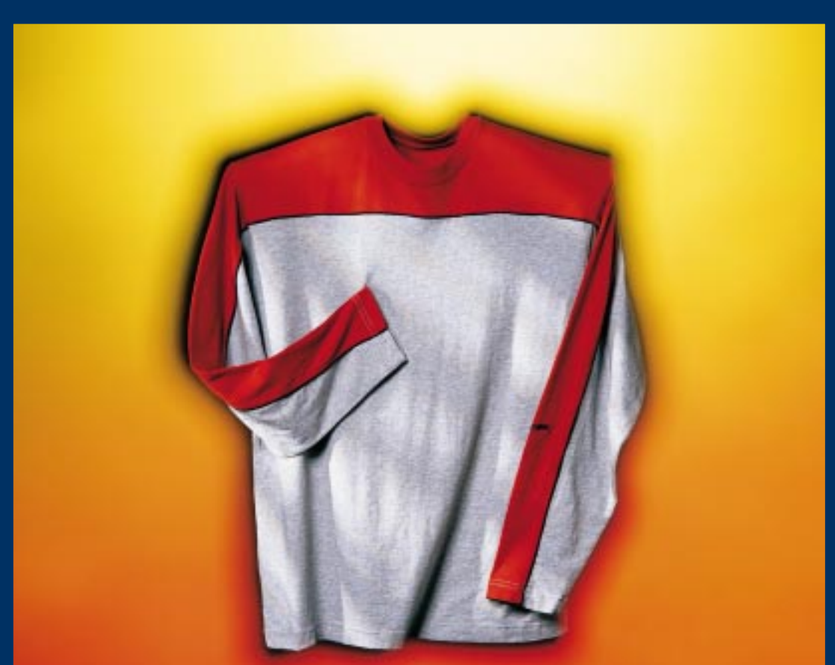
When You're in the Sun, choose your cover

Protect yourself from the sun's UV rays.



get a hat

seek shade



cover up

rub it on

grab shades

Choose Your Cover

www.cdc.gov/ChooseYourCover

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION