You can reach for the sky. But watch out for the rays.

Protect the skin you're in.

You can do anything. So the last thing you need is something to slow you down. UV rays from the sun can hurt your skin. They can cause wrinkles or even lead to skin cancer. So, before the game starts, remember to apply sunscreen with SPF 15 or higher and both UVA and UVB protection. On the sidelines, seek some shade, cover up with extra clothing, and grab a hat and sunglasses.

Girl Power!

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

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