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.

DEPARTMENT OF HEALTH AND HUMAN SERVICES • USA

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