

# Don't want this to be your skin color?

Be safe in the sun.  
Choose your cover.

- Wear a hat.
- Wear shades.
- Seek shade.
- Cover up.
- Use sunscreen  
with SPF 15 or  
higher.



**Choose Your Cover**

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

