

AT 93 MILLION MILES AWAY,

YOU COULD MISS THE WARNING LABEL.

**WARNING:** Exposure  
to the sun's UV rays  
can damage your skin.

PROTECT THE SKIN YOU'RE IN.

It takes only eight minutes for UV rays to travel 93 million miles from the sun to Earth. Those rays can damage your skin and lead to skin cancer. Covering up is your best defense. How? Extra clothes and a hat are a good start. Finding some shade works, too. Whenever you can, avoid the midday sun. And, as always, wearing sunscreen with at least SPF 15 is a smart move. **Protect the skin you're in.**

# Choose Your Cover

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



**CDC**  
CENTERS FOR DISEASE CONTROL  
AND PREVENTION