

## CHOOSE YOUR COVER – PROTECT THE SKIN YOU’RE IN

### SUGGESTED TALKING POINTS

- Looks like we're in store for a beautiful weekend, so don't forget to protect your skin from those UV rays if you're planning to be outside. Cover up with clothing and seek shade when you can -- and wear sunscreen with SPF 15 or higher and both UVA and UVB protection.
- Tomorrow's forecast shows some clouds rolling in. But we're not expecting rain, so if you're going to be out and about, remember to protect your skin from the sun's UV rays, which can penetrate the clouds and harm your skin. You can cover up with a hat or extra clothing, or wear sunscreen with SPF 15 or higher and both UVA and UVB protection.
- Today’s UV Index is pretty high, so be sure to pay extra attention to protecting your skin from the sun’s harmful UVA and UVB rays. Use sunscreen with SPF 15 or higher and seek some shade if outdoor activities are unavoidable during midday when the UV rays are the strongest and do the most damage.
- It’s always wise to choose more than one way to cover up when you’re in the sun. Use sunscreen, and throw on a T-shirt... Seek shade, and grab your sunglasses... Wear a hat, but rub on sunscreen too. Combining these sun protective options helps protect your skin from the sun’s damaging UV rays.
- For more information about sun protection, visit the “Choose Your Cover” Web site at [www.cdc.gov/ChooseYourCover](http://www.cdc.gov/ChooseYourCover).

### BACKGROUND INFORMATION

People can take many simple steps to plan ahead and protect themselves from the sun’s harmful UV rays:

**Seek Shade** under a tree, beach umbrella, tent, or other shelter, especially if outdoor activities are unavoidable during midday when UV rays are strongest and do the most damage.

**Cover Up** with a shirt, beach cover-up, pants, or other clothing to protect exposed skin – the tighter the fabric weave, the better.

**Get a Hat** with a wide brim to shade the face, ears, scalp, and neck from UV rays.

**Grab Shades** that block both UVA and UVB rays to protect eyes and prevent future cataracts.

**Sunscreen: Rub It On** to protect exposed skin – choose a sunscreen and a lip balm with at least SPF 15 and both UVA and UVB protection.