## **AMERICAN SKIN ASSOCIATION**

## The Skin You're In Healthy skin starts with you

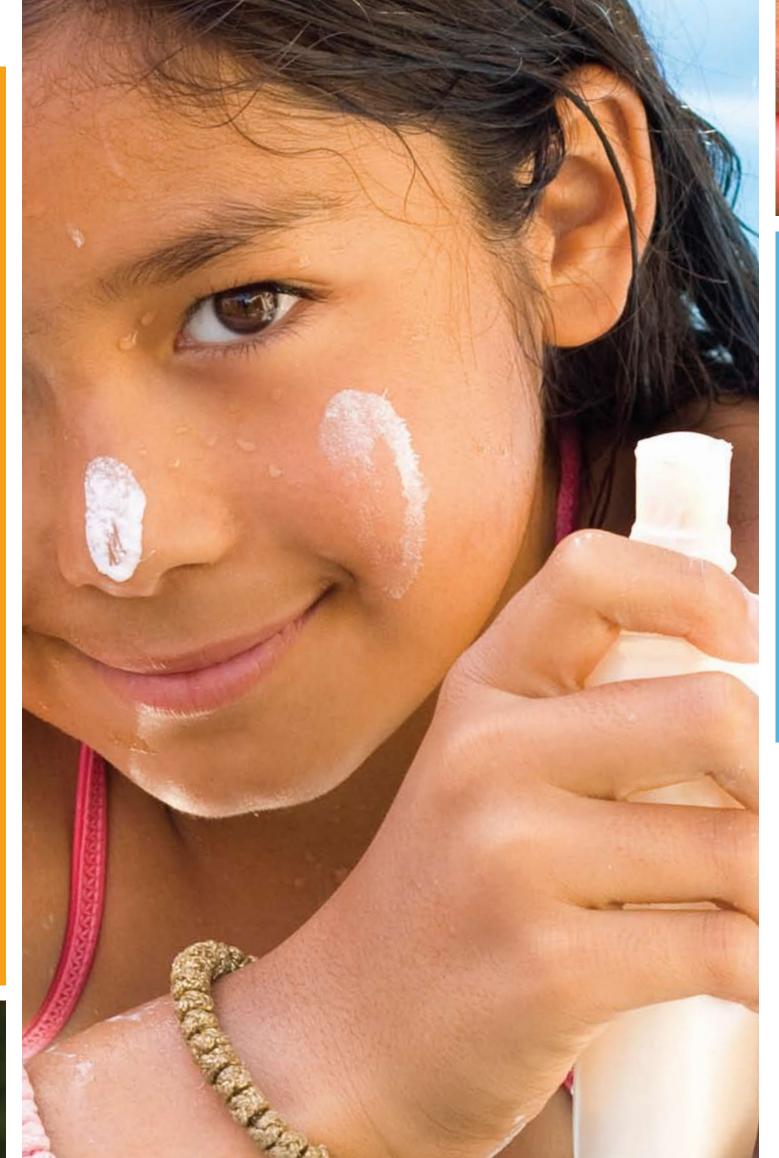


Wash your face gently (don't scrub!) in the morning and at night with warm water and a mild facial cleanser to help prevent acne.





Output</t





Protect your skin from the sun by always putting on sunscreen with a sun protection factor (SPF) of 30 or higher.





• Visit your doctor on a regular basis to help keep your skin healthy.

## SCHOLASTIC

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