

# Your Skin

## The Layers of Your Skin

Your skin is your largest organ. It covers your whole body! Your skin helps protect your body from the environment.



### Your Skin Has Three Layers

#### • Epidermis

This is the outside layer that you can see and touch.

#### • Dermis

This layer hides under your epidermis. You can't see it.

In this layer, you will find things such as:

- blood vessels: They bring nutrients to your skin to keep it healthy.
- nerve endings: They tell your brain how things feel when you touch them.
- sweat glands: They make sweat to help you cool down if you get too warm.

#### • Subcutis

This is the last layer. It is made up of mostly fat. It helps you stay warm and helps protect you from falls or bumps.

