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.