



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Whenever you're outside, experts recommend that you wear sunscreen with an SPF of at least:
 - a. 15
 - b. 30
 - c. 45
 - d. 60

2. If you go swimming or plan to stay outside, even waterproof sunscreen must be reapplied every:
 - a. hour
 - b. 1 to 2 hours
 - c. 2 to 3 hours
 - d. 3 to 4 hours

3. Choose a sunscreen with a package that says:
 - a. what the sunscreen's SPF's rating is
 - b. "blocks UVA and UVB rays," "broad spectrum protection," or "UVA protection"
 - c. "nonacnegenic" or "noncomedogenic" on the label to help keep pores clear
 - d. all of the above

4. The sun's rays are strongest between:
 - a. 12:00 AM and 3:00 PM
 - b. 10:00 AM and 1:00 PM
 - c. 10:00 AM and 4:00 PM
 - d. 12:00 PM and 1:00 PM

5. True or False: People need to apply more sunscreen (with a higher SPF) when they're around reflective surfaces like water, snow, or ice.

6. True or False: The eyes have built-in defenses that prevent them from getting any sun damage.

7. True or False: Some medications, such as prescription acne medications or birth control pills, can increase your sensitivity to the sun.

8. True or False: Tanning beds are a safe way to get some color without risking sun damage.

9. True or False: Skin cancer used to affect people in their 20s. Thanks to education and sunscreen, skin cancer mostly affects people in their 50s or older today.

10. Melanin can protect your skin only so much. If you continue to be exposed to the sun, the UV radiation can eventually damage your skin. That damage shows up as:
 - a. wrinkles
 - b. brown age spots or blotchiness
 - c. leathery, sagging skin that looks older than it is
 - d. any or all of the above