

Being Sun Smart

- Take the Quiz.
- Find your score.
- Set a goal to protect your skin, to protect yourself, and to protect your life.

	True or False	
1		Each time you apply sunscreen, you should apply ONE ounce.
2		You can get a sunburn in the winter.
3		You do not need to apply sunscreen if you are wearing a t-shirt.
4		You can get a sunburn when you are riding in a car.
5		Stay in the shade during the peak hours of 8am-10am. (peak hours are between 10am and 4pm)
6		You should wear a sunscreen with and SPF of 30 every day.
7		Your hair protects your scalp from the sun's UV rays.
8		A tan or any change in your natural skin color is a sign of skin damage.
9		Tanning bed usage is a safe method of getting a tan.
10		One person dies every hour from melanoma.
11		Only fair-skinned people get skin cancer.
12		A baseball hat is the best hat to protect your ears from the sun.
13		87% of the sun's rays can pass through the clouds causing a person to burn.
14		Water, sand, snow, and concrete all reflect the sun's rays.
15		You can be sun safe and still have fun outside.

How did you do?

15-14.....Sincerely Sun Safe and Savvy- You are protecting your skin each day. Continue to practice your sun-safety routine.

13-10.....Sound Sun Safety Knowledge- You know the basics of staying sun safe, just remember to apply the new knowledge you learned today.

9-6.....Somewhat Sun Safe- Now you know the importance of being sun safe; use your new knowledge not only to be sun safe but also to educate your family and friends.

5 or less.....Seldom Seeks Sun Safety- Make sure you become more involved with your skin health. Now you know why you need to protect your skin and be sun safe.

Being Sun Smart – Answer Sheet

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