



What Is Your Sun Safety IQ?



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



www.outrunthesun.org