



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: You can get sunburned even on a cloudy day.
2. True or false: A good way to protect your eyes from the sun is to wear sunglasses or a hat.
3. How can you stay safe while swimming in a pool?
  - a) Don't run near the pool
  - b) Swim with an adult or friend
  - c) Don't push other kids in or near the pool
  - d) Follow the pool rules
  - e) All of the above
4. True or false: Even in the summer, it's a good idea to go to bed on time.
5. How can you make sure your body gets enough water when it's hot?
  - a) Wait until you're thirsty, then have a drink
  - b) Play until you're really sweaty without having a drink
  - c) Stay inside and drink soda
  - d) Take regular breaks in the shade and drink water every time you do