



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Name five emergency equipment items you should carry when you're camping in remote areas.

2. Poison ivy, poison oak, and poison sumac all contain the same rash-causing substance, called _____.

3. Exposure to the sun can increase the risk of what three types of skin cancer?

4. Name three basic roadside safety supplies should you carry in your car.

5. Not including computer use for homework, it's a good idea to limit total daily screen time (TV, computers, video games, smartphones, and tablets) to no more than _____ hours.

6. Which sun safety recommendation is wrong?

- a) Wear sunscreen with a sun protection factor (SPF) of at least 15.
- b) Use a broad-spectrum sunscreen that blocks both UVA and UVB rays.
- c) Sunscreen isn't needed on cloudy days.
- d) A brimmed hat and sunglasses offer good protection against ultraviolet radiation.
- e) Wear sunscreen every day, even when you don't plan to spend a lot of time outdoors.

7. What's the difference between a localized and a systemic reaction to bee and wasp stings?

8. True or false: When bicycling, it's a good idea to ride on the left side of the street so you can see oncoming traffic more clearly.

9. Which common traveler's ailment is caused by dry air, a decrease in oxygen, and low barometric pressure?

- a) car sickness
- b) traveler's diarrhea
- c) diver's ear
- d) altitude sickness
- e) vertigo

10. True or false: Some driver's licenses restrict the number of passengers you can have in the car with you.