Quiz

Instructions: Answer each question.

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

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

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

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

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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?

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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.

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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

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

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