



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

- Whenever you're outside, experts recommend that you wear sunscreen with an SPF of at least:
 - 15
 - 30
 - 45
 - 60
- If you go swimming or plan to stay outside, even waterproof sunscreen must be reapplied every:
 - hour
 - 1½ to 2 hours
 - 2 to 3 hours
 - 3 to 4 hours
- Choose a sunscreen with a package that says:
 - SPF 30 or higher
 - "blocks UVA and UVB rays" or "broad spectrum protection"
 - "hypoallergenic" and "noncomedogenic"
 - all of the above
- The sun's rays are strongest between:
 - 12 a.m. and 3 p.m.
 - 10 a.m. and 1 p.m.
 - 10 a.m. and 4 p.m.
 - 12 a.m. and 1 p.m.
- True or false: People need to apply more sunscreen (with a higher SPF) when they're around reflective surfaces like water, snow, or ice.
- True or false: The eyes have built-in defenses that prevent them from getting any sun damage.
- True or false: Some medications, such as prescription acne medications or birth control pills, can increase your sensitivity to the sun.
- True or false: Tanning beds are a safe way to get some color without risking sun damage.
- True or false: Skin cancer used to affect people in their 20s. Thanks to education and sunscreen, skin cancer mostly affects people in their 50s or older today.
- Melanin can protect your skin only so much. If you continue to be exposed to the sun, the UV radiation can eventually damage your skin. That damage shows up as:
 - wrinkles
 - brown age spots or blotchiness
 - leathery, sagging skin that looks older than it is
 - any or all of the above