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