

What's Your Sun Safety IQ?

Answer Key

- ↴ Skin cancer can almost always be cured if it's found early.
 - ↴ **A. True**
 - ↴ B. False

- ↴ Skin cancer is by far the most common type of cancer in the US.
 - ↴ **A. True**
 - ↴ B. False

- ↴ Skin cancer is not something young people have to worry about.
 - ↴ A. True
 - ↴ **B. False**

- ↴ People with dark skin don't need to worry about skin cancer.
 - ↴ A. True
 - ↴ **B. False**

- ↴ I can't get skin cancer, because my normal routine such as driving to work doesn't include a lot of time outdoors.
 - ↴ A. True
 - ↴ **B. False**

- ↴ I should use sunscreen at football games, even though I only go (and get burned) once or twice a year.
 - ↴ **A. True**
 - ↴ B. False

- ↴ If I'm wearing sunscreen, I can stay in the sun as long as I want.
 - ↴ A. True
 - ↴ **B. False**

- ↴ A sunscreen labeled SPF 15 blocks more UV radiation than one labeled SPF 30.
 - ↴ A. True
 - ↴ **B. False**

- ↴ A smart sun exposure strategy includes:
 - ↴ A. sunscreen
 - ↴ B. shade
 - ↴ C. protective clothing
 - ↴ **D. all of the above**

- ↴ You applied sunscreen at 12:00 noon for an afternoon of reading beside the pool. At 2:00 p.m., which one of the following actions would *best* protect your skin?
 - ↴ A. slip on some loosely woven cotton clothes
 - ↴ **B. move to the shade**
 - ↴ C. reapply sunscreen

- ↴ I should wear sunscreen even on cloudy days.
 - ↴ **A. True**
 - ↴ B. False

- ↴ Which of the following is *not* a skin cancer risk factor?
 - ↴ A. family history
 - ↴ B. hair color
 - ↴ C. eye color
 - ↴ **D. skin color**

- ↴ How often should you check for changes in skin appearance for early detection of skin cancer?
 - ↴ **A. once a month**
 - ↴ B. once a year
 - ↴ C. never

- ↴ Using sunscreen regularly is one of the easiest ways to prevent millions of cases of skin cancer each year.
 - ↴ **A. True**
 - ↴ B. False

