

## What's Your Sun Safety IQ?

- ▶ 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