



## QUIZ: What do you know about sun safety?

1. In addition to sunscreen, what other ways can you protect yourself from the sun?
  - a. Rash guard
  - b. Hat
  - c. Avoiding sun exposure between 10am and 2pm
  - d. All of the above
2. When I start to feel a sunburn I should...
  - a. Tell an adult, reapply sunscreen to all exposed areas and take a break from the sun.
  - b. Reapply sunscreen, but only where I feel the burn
  - c. Drink water
  - d. Keep playing!
3. What number SPF should be in my sunscreen?
  - a. SPF 5
  - b. SPF 15
  - c. SPF at least 30
  - d. SPF 100! The higher the better!
4. What does SPF mean?
  - a. Super Powered Fun
  - b. Sun Protection Factor
  - c. Sun Powered Force
  - d. Solar Prevention Formula
5. Can you get a sunburn on a cloudy day?
  - a. No, because the clouds are blocking the sun
  - b. No, because my skin does not heat up
  - c. Yes, because the UV rays from the sun can go through clouds
  - d. Yes, because clouds can cause sunburns
6. What ingredients should be in my sunscreen?
  - a. Zinc oxide and titanium dioxide
  - b. Octisalate
  - c. Octinoxate and homosalate
  - d. Oxybenzone
7. Which of the following increases my chances of getting burned?
  - a. Not eating enough veggies
  - b. Not getting a good night's sleep.
  - c. Swimming after the sun goes down.
  - d. Forgetting to apply/ reapply sunscreen before going outside
8. When should I apply/ reapply my sunscreen?
  - a. Every day before school
  - b. After swimming
  - c. After getting sweaty
  - d. All of the above.

**Answer Key:**

1. D
2. A
3. C
4. B
5. C
6. A
7. D
8. D