

# SunSense Trivia

1. True or false: A tan can protect you from sun damage.
2. Do you need to wear sunscreen in the winter?
3. True or False: you don't need to reapply waterproof sunscreen.
4. Is there such thing as a safe tan?
5. Name 3 places you might forget to put sunscreen.
6. What absorbs UVC rays?
7. True or false: all you need to wear is sunscreen to be protected from the sun.
8. Name 3 ways to protect yourself in the sun.
9. During what hours are the sun's rays the strongest?
10. Are tanning beds safe?
11. What's another name for a sunburn?
12. What are the 5 S's?
13. How do you prevent a sunburn?
14. True or false: You can get a sunburn when it's cloudy.
15. You should protect yourself when the UV index is higher than what?
16. If you notice your mole changing what should you do?
17. How can you get vitamin D?
18. What does SPF mean?
19. What does UPF mean?
20. What level of SPF should you wear?
21. Why is it important to wear a broad spectrum sunscreen?
22. Name an animal who practices sunsense and explain your answer.
23. How often should you reapply your sunscreen?



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# Trivia Answers

1. False: a tan IS sun damage.
2. Yes, UV rays can reflect off the snow and damage exposed skin, like your face.
3. False: you should reapply even waterproof sunscreen every two hours.
4. No, there is no such thing as a safe tan.
5. Ears, back of neck, feet, hands, etc.
6. The ozone.
7. False: You should use all 5 S's to protect yourself from the sun.
8. Sunscreen, hats, sunglasses, protective clothing
9. 11am-3pm
10. No!
11. Radiation burn
12. Slip on a shirt, Slap on a hat, Slop on some sunscreen, Seek shade, Slide on some sunglasses.
13. Wear sunscreen, wear protective clothing, play in the shade, avoid peak sun hours.
14. True: The sun's rays can reach through cloud, fog, and haze.
15. 3
16. Tell your parent or guardian and they can make you a doctor's appointment.
17. Foods fortified with vitamin D, supplements, normal daily sun exposure.
18. Sun protection factor
19. UV protection factor
20. 30 or higher.
21. To protect against UVA and UVB rays
22. Dogs lay in the shade, birds are active in the morning and evening, hippos make their own sunscreen, pigs role in the mud as sunscreen, etc.
23. Every two hours or after swimming or sweating.



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