

Sun Safe Trivia Questions

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: Waterproof sunscreen only needs to be applied once a day.

4. Why do babies need extra protection from the sun?

5. What degree of a tan is considered to be a safe tan?

6. Name 3 places on the body that people often forget to apply sunscreen.

7. We are exposed to more UV rays because the _____ has thinned due to pollution.

8. A tan is evidence of:
 - a) A day spent at the beach
 - b) No use of sunscreen
 - c) Sun damage
9. True or False: Sunscreen provides complete protection from the sun.

10. If you are going out in the sun, what 3 things should you do to protect yourself?

11. To protect yourself you should reduce your exposure to the sun between:
 - a) 11 am and 4 pm
 - b) 10 am and 2 pm
 - c) 12 pm and 3 pm



12. Is it medically accepted that tanning beds are safe?

13. How do you treat a sunburn?

14. Name 3 areas that skin cancer is most likely to occur in.

15. Does sun damage to your skin go away?

16. True or False: If you use sunscreen, you can still get a tan.

17. True or False: Sunscreen can cause blindness if it comes in contact with your eyes.

18. What are the 3 S's in skin protection?

19. How can you prevent a sunburn?

20. True or False: UV rays penetrate deeper into the skin when it is wet.

21. On the UV index, what is considered to be low?
a) 5 or less
b) 4 or less
c) 3 or less
22. What are the chances that someone will develop skin cancer in their lifetime?

23. Who is at a higher risk for skin cancer?



24. Why are fair skinned people more at risk for skin cancer?

25. Can you name 3 types of skin cancer?

26. True or False: Family members of a patient with malignant melanoma have nothing to fear with regards to their own health.

27. If you have a mole, at what point should you consult a doctor?

28. Will avoiding the sun result in Vitamin D deficiency?

29. What is the difference between sunscreen and sunblock?

30. What percentage of the sun's rays can penetrate clouds haze or fog?
a) 65%
b) 70%
c) 75%
d) 80%
31. What does SPF mean?

32. A sunscreen with an SPF of 15 will block what percentage of the sun's UVB rays?
a) 10%
b) 15%
c) 78%
d) 92%



Sun Safe Trivia Answers

1. False. A tan only gives you SPF 3 protection. There is no such thing as a healthy tan.
2. Yes. The sun's rays reflect off the snow and you get twice as many rays.
3. False. Waterproof sunscreen is effective while you are in the water but must be re-applied once you are out of the water.
4. Because their skin is so sensitive.
5. No tan is safe.
6. The neck, the top of your feet, the back of your knees, ears, bald spots, lips.
7. Ozone layer.
8. A tan is evidence of:
c) sun damage
9. False. Always remember to follow all of the SunSense guidelines.
10. Use sunblock, wear a hat, cover up.
11. To protect yourself you should reduce your exposure to the sun between:
c) 11 am and 4 pm
12. No.
13. Bathe the sunburned area in cool water until the tingling stops. Then apply a soothing lotion such as Aloe Vera.
14. Face, neck, arms, and hands.
15. No. It adds up.
16. True.
17. False.
18. Slip! Slap! Slop!
19. Stay inside between 11 am and 4 pm, stay in the shade, Slip, Slap, Slop.
20. True.
21. On the UV index, what is considered to be low?



d) 3 or less

22. 1 in 7.
23. People with fair hair and light complexions.
24. They have less melanin, a pigment that filters UV rays.
25. Basal, Squamous, and Melanoma.
26. False. Melanoma is somewhat hereditary. Regular checkups with a dermatologist are recommended.
27. If you notice any change in the mole or the development of a new mole over 1cm in size, contact your doctor right away.
28. No. The sun reacts with the body to produce Vitamin D but most of us get our Vitamin D from fortified foods such as milk, cereals, and fish.
29. Sunscreen absorbs the sun's rays. Sunblock acts as a reluctant.
30. What percentage of the sun's rays can penetrate clouds haze or fog?
e) 80%
31. Sun Protection Factor.
32. A sunscreen with an SPF of 15 will block what percentage of the sun's UVB rays?
d) 92%

