

Sun Safety Pre-Test

Directions: Circle the correct answers. As we go over the answers, write notes next to each question.

1. What is the most common form of cancer in the United States today?
 a. Breast Cancer b. Skin Cancer c. Colon Cancer d. Lung Cancer

There are different types of skin cancer and different severities.

2. What is the largest organ in the human body?
 a. Skin b. Lungs c. Heart d. Liver

Skin is constantly being shed & replaced (cells)

3. Which type of skin cancer is the most deadly?
 a. Melanoma b. Basal Cell Carcinoma c. Squamous Cell Carcinoma

Survival rate of melanoma is high if it is caught early.

4. What are your chances of getting skin cancer if you live in the United States?
 a. 1 in 8 b. 1 in 5 c. 1 in 3

1 in 3 in the sunbelt
2 in 3 in Australia

5. Which of the following "sunbelt" states (all south of latitude 37°N) has the highest incidence of skin cancer?
 a. Texas b. Alabama c. Florida d. Arizona e. California

year round sun exposure, high altitude
2nd highest in the world

6. Denver, Colorado is at latitude 39°N, and its altitude is 5,494 ft. Washington, D.C. is at latitude 38°N, and its altitude is 420 ft. With similar weather conditions, the risk of skin damage from ultraviolet radiation exposure is:
 a. The same in both cities b. Greater in Washington, DC c. Greater in Denver, Colorado

higher altitude - less air molecules
so it is easier for UV rays to reach people

7. The daily UV index is:
 a. Only issued during the summer months
 b. A forecast of the intensity of the ultraviolet rays of the sun
 c. A measurement of the ozone level

0-2 = minimal 3-4 = low 5-6 = moderate
7-9 = high 10+ = very high

8. What is the single biggest risk factor for developing the most dangerous kind of skin cancer?
- Forgetting to wear sunscreen
 - Going to the beach
 - Multiple blistering sunburns before the age of 20

Starting when you are young puts you at risk.

9. What does the SPF number on a bottle of sunscreen mean?
- The product will provide 150 minutes of protection against sunburn
 - The product provides maximum protection from sunburn for most individuals
 - You are protected from sunburn 15 times longer than the time it usually takes for your skin to turn red in the sun
 - The product is water and sweat resistant
 - B and D above

time it takes to turn red
 \times SPF #
mins of protection

10. Which item of clothing provides the most protection from the sun's burning rays?
- White cotton T-shirt
 - Colorful surf shirt
 - Denim jeans

Cotton shirt = SPF 7 Cotton/polyester blend = SPF 15
Denim jeans = SPF 95-100 Polyester surf shirt = SPF 35

11. During the first eighteen years of life, individuals receive:
- 20% of lifetime exposure
 - 40% of lifetime exposure
 - 60% of lifetime exposure
 - 80% of lifetime exposure

wear sunscreen when you are young

12. When should you protect your skin from the sun's rays? When you're:
- On the playground
 - Playing or watching an outdoor sport
 - Hiking or skiing in the mountains
 - A & B
 - A, B & C

water & snow (ice cement) reflect light
back on to you.

13. Risk factors for skin cancer include:
- Blistering sunburns received during childhood and adolescence
 - Presence of freckles
 - Fair skin and light eyes
 - Use of tanning beds
 - All of the above

14. Protection from the sun is recommended during which of the following time periods?

- a. 10am-4pm
- b. Noon-1pm
- c. 1pm-4pm
- d. 11am-1pm

Shadow test: when your shadow is shorter than you are tall, you can burn. So stay out of the sun or cover up.

15. You should thoroughly check your skin for changes in moles, blemishes, and birthmarks:

- a. Once a year
- b. Once a month
- c. After you've been out in the sun

Skin can change for days after sun exposure

16. True or False: A tan is a sign of good health.

A tan is a sign of a skin injury

17. True or False: Tanning damages your skin.

18. True or False: You can get a sunburn on a cloudy day.

Even in Oregon!

19. True or False: Cancer is composed of abnormal cells.

20. True or False: People with dark skin don't have to worry about getting skin cancer.

People with dark skin get skin cancer too.