

YOUR SKIN IS IN QUIZ ANSWER KEY

Name: _____

Date: _____

1. Which is the deadliest form of skin cancer?

- Melanoma**
- Basal Cell Carcinoma
- Squamous Cell Carcinoma

2. What do the letters ABCDE represent when looking at your moles?

- A: Asymmetry**
- B: Border irregularity**
- C: Color variability**
- D. Diameter of more than 6mm**
- E. Evolution**

3. **True or False:** Melanoma is the 2nd most common cancer in those ages 15-29.

True

4. Which factors increase your risk of melanoma?

- Number of moles on the skin
- Skin type
- Family history (genetics)
- Exposure to UV rays
- All of the above**

5. **True or False:** Melanoma can occur in your eyes.

True

6. **True or False:** If melanoma spreads, it can be deadly.

True

7. If caught early, melanoma can usually be cured:

- 99% of the time**
- 50% of the time
- 25% of the time
- 5% of the time

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8. What are three ways you can protect your skin?

1. Wear sunscreen with SPF 30+ and UVA/UVB protection
2. Limit sun exposure between the peak hours of the day 10:00am-2:00pm
3. Seek shade

Or:

Wear UPF or dark colored clothing

Wear a wide brim hat

Avoid tanning beds

9. True or False: Getting a tan from the sun is safe.

False

10. True or False: Tanning Beds are a good source of Vitamin D.

False

11. True or False: There is no danger in using tanning beds in salons that state their beds have UV safe rays.

False

12. True or False: All sunglasses come with UV protection?

False

13. How often should you reapply sunscreen?

- A. Every 20 minutes
- B. Every 5 hours
- C. **Every 2 hours**
- D. Once is enough

14. True or False: Damage from UV rays is reversible.

False

15. When I apply sunscreen it should have 30+ SPF and should:

- A. Include ABC/DEF protection
- B. Have a fragrance
- C. **UVA and UVB protection**
- D. Be spray only