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 2rd 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
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