YOUR SKIN IS IN QUIZ

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: D.
   B: E.
   C:

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

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.
   ____________

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

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. _______________
   2. _______________
   3. _______________

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

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

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

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

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.
    _______________

15. When I apply sunscreen it should have SPF 30+ and should:
    A. Include ABC/DEF protection
    B. Have a fragrance
    C. UVA and UVB protection
    D. Be spray only
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