

# 9043 – Sun Safety Quiz



## True or False

- |   |      |       |
|---|------|-------|
| 1. You are protected from UV rays on a cloudy day.                            | True | False |
| 2. You can't get a sunburn if you are underwater.                             | True | False |
| 3. A baseball cap will protect you from getting a sunburn.                    | True | False |
| 4. Tanning in a tanning bed will prevent you from getting a sunburn outside.  | True | False |
| 5. If you are wearing sunscreen, you can stay in the sun as long as you want. | True | False |
| 6. Some medications can increase your chances of getting a sunburn.           | True | False |

**Thank you for doing the sun safety quiz.**

## Here are some tips to keep you safe in the sun!

- Wear clothes that cover your skin.
- Wear a broad-brimmed hat.
- Wear sunscreen on skin that is not covered (SPF of at least 15).
- Look for Environment Canada's UV Index in your everyday forecast: you can hear it on the radio, on TV, in the newspaper or on the internet.
- Wear sunglasses that provide UVA and UVB protection.
- Try to spend less time in the sun. Seek shade between 11am and 4 pm.

## Answers

1. False: UV Rays can penetrate through thin clouds; cloud cover does not protect you from a sunburn.
2. False: The sun's rays can go through the water; being underwater does not protect you from getting a sunburn.
3. False: You can still get sunburn on your neck. For proper sun protection one needs a hat that is 4 inches around
4. False: Regular use of tanning beds can cause cancer. You are not protected by indoor tanning.
5. False: It's not safe to be out in the sun for several hours, even if you are wearing sunscreen. These products don't provide total protection from ultraviolet (UV) rays.
6. True: Some medications make you more susceptible to sunburns, such as acne medications, oral contraceptives, antibiotics, antihistamines and nonsteroidal anti-inflammatory drugs.

