

Sun Safety

Quiz: Understanding Skin Cancer

Circle ALL Correct answers for each question.

- 1. How many people in the United States are expected to get skin cancer this year?**
 - A. one hundred thousand
 - B. four hundred thousand
 - C. over one million
 - D. four million
- 2. More people in the United States will get skin cancer this year than all people who get cancers of either the prostate, breast, lung, or colon combined.**
 - A. true
 - B. false
- 3. Currently, how many people in the United States are expected to get skin cancer in their lifetime?**
 - A. three out of every ten
 - B. two out of every five
 - C. one out of every five
 - D. one out of every two
- 4. Everyone, regardless of skin color, can get skin cancer.**
 - A. true
 - B. false
- 5. Skin cancer rates are rising because of what factors?**
 - A. people use too much sunscreen
 - B. people today wear less clothing when outside than they did years ago
 - C. the ozone layer in the stratosphere is thinning
 - D. the world climate is getting warmer
- 6. There are how many major types of skin cancer?**
 - A. one
 - B. three
 - C. four
 - D. ten
- 7. The most dangerous skin cancer is called?**
 - A. melanoma
 - B. lupis
 - C. basal cell carcinoma
 - D. rickets
- 8. Which combination of personal characteristics would give a person the highest risk for skin cancer?**
 - A. brown eyes, dark skin, black hair
 - B. blue eyes, light skin, has many moles
 - C. green eyes, dark hair, no moles
 - D. brown skin, brown hair, has many moles
- 9. Getting a tan will help your skin remain smooth and healthy.**
 - A. true
 - B. false
- 10. What are some recommended ways to prevent skin cancer?**
 - A. apply mineral oil to your skin
 - B. seek shade when outdoors
 - C. apply broad-spectrum sunscreen with a SPF of 15 or greater to exposed skin
 - D. sunbathe regularly
 - E. wear a wide-brimmed hat and long clothing
 - F. avoid getting sunburned
- 11. During which time frame is it best to reduce contact with sunlight?**
 - A. 1 p.m. to 5 p.m.
 - B. 10 a.m. to noon
 - C. 2 p.m. to 4 p.m.
 - D. 10 a.m. to 4 p.m.
- 12. Consistent use of sunscreen will completely protect a person from skin cancer.**
 - A. true
 - B. false
- 13. Tanning salons can provide a UV-induced tan without damaging your skin.**
 - A. true
 - B. false
- 14. How often should you perform a self skin examination with a hand mirror to check moles and other possible signs of skin cancer?**
 - A. every day
 - B. every week
 - C. every one to three months
 - D. every six months

Quiz: Answer Key

- 1. How many people in the United States are expected to get skin cancer this year?**
C. over one million
- 2. More people in the United States will get skin cancer this year than all people who get cancers of either the prostate, breast, lung, or colon combined.**
A. true
- 3. Currently, how many people in the United States are expected to get skin cancer in their lifetime?**
C. one out of every five
- 4. Everyone, regardless of skin color, can get skin cancer.**
A. true
- 5. Skin cancer rates are rising because of what factors?**
B. people today wear less clothing when outside than they did years ago
C. the ozone layer in the stratosphere is thinning
- 6. There are how many major types of skin cancer?**
B. three
- 7. The most dangerous skin cancer is called?**
A. melanoma
- 8. Which combination of personal characteristics would give a person the highest risk for skin cancer?**
B. blue eyes, light skin, has many moles
- 9. Getting a tan will help your skin remain smooth and healthy.**
B. false
- 10. What are some recommended ways to prevent skin cancer?**
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E. wear a wide-brimmed hat and long clothing
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- 11. During which time frame is it best to reduce contact with sunlight?**
D. 10 a.m. to 4 p.m.
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B. false
- 13. Tanning salons can provide a UV-induced tan without damaging your skin.**
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- 14. How often should you perform a self skin examination with a hand mirror to check moles and other possible signs of skin cancer?**
C. every one to three months

