



SUN SAFETY QUIZ

This is a True or False quiz. Please circle one answer for each question.

1. Skin cancer is the most common cancer in the United States. There are about as many skin cancers diagnosed each year as all other cancers combined.
TRUE **FALSE**
2. Melanoma is 15 to 20 times more common than 50 years ago.
TRUE **FALSE**
3. One in five Americans develops skin cancer.
TRUE **FALSE**
4. One American dies of skin cancer every hour.
TRUE **FALSE**
5. Children and adolescents who have had severe sunburns are at a higher risk for skin cancer as adults.
TRUE **FALSE**
6. Getting a “base tan” at an indoor tanning salon does not help protect skin from sunburn or sun damage.
TRUE **FALSE**
7. Nearly all skin cancer can be prevented by limiting exposure to harmful ultraviolet (UV) rays.
TRUE **FALSE**
8. Thirty-two percent of U.S. adults report having had a sunburn in the past year.
TRUE **FALSE**
9. Some exposure to sunlight is beneficial because it helps our bodies manufacture vitamin D.
TRUE **FALSE**
10. A substantial amount of the average person’s lifetime UV exposure occurs before the age of 18.
TRUE **FALSE**

SUN SAFETY QUIZ: ANSWER SHEET

1. Skin cancer is the most common cancer in the United States. There are about as many skin cancers diagnosed each year as all other cancers combined.

TRUE

2. Melanoma is 15 to 20 times more common than 50 years ago.

TRUE

3. One in five Americans develops skin cancer.

TRUE

4. One American dies of skin cancer every hour.

TRUE

5. Children and adolescents who have had severe sunburns are at a higher risk for skin cancer as adults.

TRUE

6. Getting a “base tan” at an indoor tanning salon does not help protect skin from sunburn or sun damage.

TRUE (People using indoor tanning devices were 2.5 times more likely to develop squamous cell cancer and 1.5 times more likely to develop basal cell cancer than those who did not use these devices.)

7. Nearly all skin cancer can be prevented by limiting exposure to harmful ultraviolet (UV) rays.

TRUE

8. Thirty-two percent of U.S. adults report having had a sunburn in the past year.

TRUE

9. Some exposure to sunlight is beneficial because it helps our bodies manufacture vitamin D.

TRUE

10. A substantial amount of the average person’s lifetime UV exposure occurs before the age of 18.

TRUE (On average, roughly 80% of the average person’s lifetime UV exposure occurs before age 18.)

Funding provided by Centers for Disease Control and Prevention.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. No matter who you are, we can help. Contact us anytime, day or night, for information and support. **Hope.Progress.Answers.**® / 1.800.ACS.2345 / www.cancer.org