

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

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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