



## Have fun in the Sun, but be safe!

Check out your "Sun Safety" sense by answering these true and false questions...

- |   | True                     | False                    |
|---|--------------------------|--------------------------|
| <p>1. You can't burn on a cloudy day</p> <p><i>Hint: Up to 80% of the sun's rays can pass through light cloud, mist and fog.</i></p>  | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>2. UV rays are their strongest between 11 a.m. and 4 p.m.especially between April to October</p> <p><i>Hint: Schedule outdoor activities when the UV rays are weakest.</i></p>   | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>3. 80% of skin cancers occur above the neck.</p> <p><i>Hint: Cover everyone's head, neck and ears with a broad brimmed hat when outdoors and wear sun glasses with UVA/UVB protection.</i></p>   | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>4. Only fair skinned people are at risk from too much exposure to sunlight.</p> <p><i>Hint: Too much sunlight can damage eyes leading to cataracts and can damage the skin, leading to sunburn, premature skin aging and skin cancer. Everyone, regardless of skin colour, needs protection from the sun, although fairer skinned people are at greatest risk for skin damage.</i></p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>5. A suntan is a sign of good health.</p> <p><i>Hint: A suntan is a sign that your skin is trying to protect itself against the sun's damaging rays. The tan will fade but the damage to your skin cells remains and adds up over the years.</i></p>   | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>6. Stay in the water and your skin won't burn</p> <p><i>Hint: Ultra violet radiation penetrates the water and can also reflect off bright surfaces such as sand, cement or snow.</i></p>   | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>7. One blistering sunburn can <i>double</i> your child's chances of developing skin cancer later in life.</p> <p><i>Hint: The damage to the skin cells does not go away, but rather accumulates, with each sunburn over the years. In fact, one-in-seven children born today will develop skin cancer in their lifetime.</i></p>   | <input type="checkbox"/> | <input type="checkbox"/> |

Answers: 1. F. 2. T. 3. T. 4. F. 5. F. 6. F. 7. T



**simcoe**  
**muskoka**  
DISTRICT HEALTH UNIT

Tel: 721-7520  
Toll free: 1-877-721-7520  
[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)  
*Your Health Connection*