

1. If you get a sunburn, you should:
  - a. Put ice on it
  - b. Put butter on it
  - c. Not worry it'll turn into a tan
  - d. Use a cold compress or see a doctor
  
2. Regular clothing:
  - a. Will prevent sunburn
  - b. Does little to protect your skin
  - c. Has an SPF between 5 and 9
  
3. You should apply sunscreen:
  - a. 2 hours before going outside
  - b. 30 minutes before going outside
  - c. 5 minutes before going outside
  - d. No longer than 30 minutes after being outside
  
4. Sunscreen should be applied:
  - a. Over makeup
  - b. Under makeup
  
5. You should reapply sunscreen:
  - a. Every 2 hours
  - b. Every 2 hours if you're in water
  - c. Only if it isn't waterproof
  
6. The UV rays that can cause sunburn, damage skin and cause premature aging are:
  - a. Ultraviolet A (UVA) rays
  - b. Ultraviolet B (UVB) rays
  - c. Ultraviolet C (UVC) rays
  - d. Both a and b
  
7. You are always safe from the sun if you are in the shade:
  - a. True
  - b. False
  
8. Medications that can make it more likely that you get a bad sunburn include:
  - a. Many antibiotics
  - b. Most acne medications
  - c. Both a and b
  - d. None of the above
  
9. Common sunscreen mistakes include:
  - a. Using too much sunscreen

- b. Putting the sunscreen on too early before going outside
  - c. Not reapplying sunscreen often
  - d. All of the above
10. You can regularly use sunscreen for a child once he/she is:
- a. 6 months old
  - b. 12 months old
  - c. 2-years old
  - d. 5-years old
11. Excessive sun exposure can increase the risk to develop:
- a. Sunburn
  - b. Skin cancer
  - c. Premature aging
  - d. All of the above
12. Sunscreen is good until:
- a. The tube is empty
  - b. It expires

## Answers

1. If you get a sunburn, you should: Use a cold compress or a bag of frozen vegetables, a mild topical steroid cream might also be appropriate. See a doctor for serious sunburns.
2. Regular clothing has an SPF between 5 and 9
3. Sunscreen should be applied 30 minutes before going outside.
4. Sunscreen should be applied under makeup.
5. Sunscreen should be reapplied every two hours.
6. UVA and UVB rays are damaging.
7. Shade does not protect you from sun damage.
8. Some antibiotics and acne medications can increase the risk of sunburn.
9. The most common sunscreen mistakes are not wearing sunscreen or not reapplying often enough.
10. Sunscreen can be used for children 6 months and older.
11. Excessive sun exposure increases the risk for sunburn, skin cancer and premature aging.
12. Sunscreen expires. Check for expiration dates when purchasing sunscreen.

Which sunscreen is the best? This is arguable, of course but About.com says it's Anthelios. "Even dermatologists we've read tout **La Roche-Posay Anthelios XL Lait SPF** as the best sunscreen in the world. Why does this sunscreen work so well? Because of the chemical "Mexoryl," well-known all over the world to protect

skin from wrinkle-causing UVA rays. (Most sunscreens only protect against UVB rays). How good is Mexoryl? "It produces a product which gives us almost perfect protection against sunshine," said Dr. Vincent DeLeo, chairman of dermatology at Columbia University to ABC News." Anthelios is approved by the FDA and available locally at Schenden's Spas.