

Are You Sun Smart??

Quiz

True or false

1. To maximize sun protection you should wear a long shirt of any colour, while out in the sun.
 - FALSE; whilst it is true a long shirt should be worn, it is recommended that you wear a dark colour to absorb UV radiation. (White and lighter colours reflect UV radiation onto skin).
2. More than 85 people in Mackay are diagnosed with skin cancer annually.
 - TRUE; Australia has one of the highest rates of skin cancer in the world with 2000 people dying from skin cancer every year.
3. Sun protection is especially important during childhood and adolescence.
 - TRUE; whilst sun protection is important at any age, it is particularly important for children and adolescents. Sun damage in the early years can significantly increase the risk of developing melanoma and other skin cancers.
4. Sun protection is generally not required in winter.
 - FALSE; in Queensland sunscreen and sun protection measures are required all year due to the consistently high UV levels.
5. Sun screen should be applied 10 minutes before going out in the sun.
 - FALSE; sunscreen should be applied on clean, dry skin 20 minutes before going in the sun.
6. SPF30 sunscreen (or higher) should be applied every 3 to 4 hours whilst out in the sun.
 - FALSE; Sunscreen should be applied every 2 hours while being in the sun.
7. Close-fitting wrap-around sunglasses, worn with a broad-brimmed hat, reduces UV radiation exposure to the eyes by up to 98 per cent.
 - TRUE; as long as the sunglasses meet the Australian Standard and provide an Eye Protection Factor of 9 or above.
8. Caps and visa's provide sufficient sun protection for the face, nose, neck and ears, (the common sites for skin cancers).
 - FALSE; a broad brimmed hat is required to protect the face, nose, neck and ears.

Did you know? UV radiation is an invisible danger.... we can't see or feel it but every time we are exposed to UV radiation the skin cells and how they behave are affected causing permanent damage.

TIP: You can download the free SunSmart app on [IOS](#) or [Android](#) to access a free daily UV alert.

Protect your skin – stay sun smart every day

To minimise your skin cancer risk protect your skin every day with a combination of these five steps:

