

# What's Your SPK?

**SPK — that's your Sun Protection Knowledge.** Try this short quiz to find out how much of a sun-safety expert you are. For each item, check the box next to the correct answer.

**1. Wearing sunscreen with SPF (Sun Protection Factor) 30 means that you:**

- A. will be protected for 30 minutes if you're outside in the sun
- B. have 30 times longer protection against sunburn than you would without sunscreen
- C. should be 30 years old to wear this sunscreen

**2. You can get a sunburn in the wintertime because:**

- A. UV radiation reaches Earth all year long
- B. you may live in or visit a place that is hot all the time
- C. it's hard to find sunscreen in stores in the winter

**3. A tan is a sign of exposure to the sun's harmful rays because:**

- A. skin damaged by UV makes a brown pigment called melanin to protect against further UV damage
- B. tan lines always show where the sun did and didn't shine
- C. otherwise most people wouldn't bother with messy tanning creams

**4. Standing on snow increases the amount of UV radiation you receive because:**

- A. snow naturally absorbs UV radiation, so UV is above and below you
- B. snow and UV are always battling it out, with people right in the middle
- C. ice crystals reflect light, so UV comes at you from above and below

**5. Risk of overexposure to the sun is higher on a mountain than in a valley because:**

- A. people can't think clearly at high altitudes and forget to wear sunscreen
- B. the atmosphere is thinner and clearer at higher altitudes and more UV gets through
- C. there are fewer shadows on a mountain and more shade in a valley

**6. The sun's damaging rays are the strongest between 10 a.m. and 4 p.m. because:**

- A. the sun is higher in the sky so UV rays have a more direct path to your skin
- B. the sun always needs a few hours to have coffee and wake up first
- C. those are always the hottest hours of the day

**7. Clothing with a UPF (Ultraviolet Protection Factor) rating of 30 or above means that it:**

- A. Blocks 96.7% or more of the sun's UV rays
- B. has a tight weave and/or special finish that prevents UV rays from passing through
- C. is eligible for The Skin Cancer Foundation's Seal of Recommendation
- D. all of the above

### YOUR SPK RATING:

- All 7 answers correct: Sun-sational! You're shining brightly as an SPK expert.
- 4–6 answers correct: Good, you're on your way to full power as a sun-safety expert.
- 3 or fewer correct: Oops, your thinking is cloudy. Time to brush up on your SPK.

Answers: 1. B; 2. A; 3. A; 4. C; 5. B; 6. A; 7. D