

True or False?

The sun is strongest between 10 a.m. and 4 p.m.



True or False?

If your skin is sensitive or you have allergies, you should use special sunscreen.



True or False?

If you get a sunburn, you should stay out of the sun and use soothing lotions.



True or False?

New or changing moles or spots on your skin can be signs of skin cancer.



True!

The sun is strongest between 10 AM and 4 PM, which can harm your skin. When the UV index is above 3, seek shade, use clothing and apply sunscreen to protect your skin during these hours.

True!

For sensitive skin, look for sunscreens labelled as 'fragrance free' or hypoallergenic. Test it first on the skin on your inner elbow.

True!

If you get a sunburn, cool off with cold water, drink lots of water, use aloe vera, wear loose clothes, and avoid the sun. If it's really bad, seek medical advice if you notice any changes in these.

True!

Check moles or spots for ABCDE: Asymmetry, Borders, Colour, Diameter, and Evolving. Seek medical advice if you notice any changes in these.

True or False?

Tanning beds are safer than lying out in the sun.



True or False?

You don't need sunscreen in the winter.



True or False?

Sunscreen is safe for kids to use.



True or False?

You don't need to wear a hat if you're already wearing sunscreen.



False!

Tanning beds aren't safer than being out in the sun. They use strong UV rays that can give you skin cancer and make you age faster.

True!

Remember to put on sunscreen when the UV scale hits 3 or more, which is from March to October. However, it's a good idea to check the UV index all year round.

True!

Kids sunscreen is usually high factor (>50SPF) and fragrance free - to minimise potential allergens. Teaching kids sun safety habits early helps to keep their skin healthy for life.

False!

Sunscreen doesn't cover everything, like your scalp and ears. So, wearing both a hat and sunscreen keeps you safer in the sun.

True or False?

UVA rays make you sunburn and UVB rays make you age.



True or False?

You should put on a lot of sunscreen to cover all your skin.



True or False?

Being safe in the sun is important to keep your skin healthy.



True or False?

UV rays from the sun are invisible but can hurt your skin.



False!

UVA rays cause wrinkles, and UVB rays cause sunburn. Both can lead to skin cancer, so use a broad spectrum sunscreen to protect your skin.

True!

Use about two tablespoons (a shot glass) of sunscreen for full-body protection. For spray sunscreen, apply until your skin looks shiny.

True!

Sun safety is vital for healthy skin. It reduces the risk of sun damage like sunburn, wrinkles, and skin cancer, and it sets a great example for others!

True!

UV rays from the sun can't be seen, but can cause sunburn, aging, and increase your risk of skin cancer.

True or False?

You should put on more sunscreen every two hours.



True or False?

It's okay to use sunscreen that's out of date.



True or False?

Wearing sunglasses helps protect your eyes from the sun.



True or False?

Some parts of your body can get sunburned more easily.



True!

It's important to reapply sunscreen every two hours to keep it working well, especially if you're sweating or swimming, which can wash it away.

False!

Expired sunscreen might not protect your skin, risking sunburn. Check expiration dates and use fresh sunscreen to protect your skin from the sun.

True!

Sunglasses that block UV rays protect your eyes from harm, including cataracts and macular degeneration.

True!

Your face, shoulders, and back are more prone to sunburn because of how the sun's rays fall on our bodies as we walk around.

True or False?

I need to spend a lot of time in the sun to get enough Vitamin D.



True or False?

Getting a “base tan” helps you avoid getting sunburned.



True or False?

Wearing light and loose clothing is best to stay safe in the sun.



True or False?

You should always use sunscreen with an SPF 30 or higher.



False!

15-30 minutes in direct sunlight with your face and arms exposed is enough time to make vitamin D.

False!

Tanning won't stop sunburn. It actually damages your skin, making you more likely to get skin cancer and look older faster.

True!

Wearing light, baggy clothes is a smart way to stay safe in the sun. They keep you cool and protect your skin from the sun's rays.

True!

Always use sunscreen with an SPF 30 or higher to shield your skin from the sun's harmful rays. SPF 30 blocks 97% of the sun's harmful rays.

True or False?

**You can get
sunburnt even if
it's cloudy.**



True or False?

**The sun is the
strongest between
10 a.m. and 4 p.m.**



True!

**Clouds don't fully
block the sun's rays.
Check the UV index
and protect your skin
if it's 3 or higher.**

True!

**The sun is most
intense between 10
a.m. and 4 p.m. Be
extra careful during
these hours to
prevent sunburn.**