

SunSmart game questions

<p>Q. What type of sunscreen gives the best possible sun protection?</p> <p>A: SPF30 (or higher) broad-spectrum, water-resistant sunscreen</p>	<p>Q. What months do you need sun protection in Victoria?</p> <p>A. From mid-August to the end of April</p>	<p>Q. What is UV?</p> <p>A. Ultraviolet radiation – the part of the sun that can damage the skin</p>	<p>Q. What are the five SunSmart steps?</p> <p>A. Shade, clothing, hats, sunglasses and sunscreen</p>
<p>Q. How often should you reapply sunscreen?</p> <p>A. Every two hours or more often if you're swimming or sweating</p>	<p>Q. What is a type of hat that offers good sun protection?</p> <p>A. Broad-brimmed, legionnaire or bucket hat</p>	<p>Q. Where can you find the sun protection times?</p> <p>A. The SunSmart app, website or newspaper</p>	<p>Q. When the UV level reaches ___ or higher, sun protection is needed.</p> <p>A. <u>3</u> or higher</p>
<p>Q. True or false: the closer the weave in a material the better it is for sun protection.</p> <p>A. True</p>	<p>Q. Is a singlet top or a t-shirt better for playing outside?</p> <p>A. A t-shirt because it covers more skin</p>	<p>Q Name a type of shade.</p> <p>A. Natural (trees, etc.), portable (umbrella) or built (shade sail)</p>	<p>Q. What does EPF mean and what EPF rating should you look for in sunglasses?</p> <p>A. Eye Protection Factor 9 or 10</p>
<p>Q. What style of sunglasses is best?</p> <p>A. Wrap-around style that covers as much of the eye area as possible</p>	<p>Q. How long before you go outside should you apply sunscreen?</p> <p>A. 20 minutes</p>	<p>Q. True or false: if the UV is more than 3 and it is cold outside you don't need to use sun protection.</p> <p>A. False – whenever the UV level is 3 or higher you need sun protection even if it is cold</p>	<p>Q. Does sunscreen completely block out UV?</p> <p>A. No, that's why other sun protection measures like hats, clothing and shade are still important</p>

<p>Q. Does sunscreen last forever?</p> <p>A. No – it has an expiry date. Always check the expiry</p>	<p>Q. If a sunscreen says 4 hours water resistance on the label, do you only apply every four hours?</p> <p>A. No – still reapply every TWO hours</p>	<p>Q. True or false: UV radiation can pass through clouds.</p> <p>A. True</p>	<p>Q. What does SPF mean and which SPF number should we use for sunscreen?</p> <p>A. Sun Protection Factor 30 or higher</p>
<p>Q. Does using just one type of sun protection give the best protection to your skin?</p> <p>A. No – it is best to use a combination of 5 sun protection measures</p>	<p>Q. What parts of your body does a hat help protect from the sun?</p> <p>A. Head, neck, ears, nose and eyes</p>	<p>Q. True or false: a baseball cap doesn't provide enough sun protection.</p> <p>A. True: it only protects part of your head and face but not all of it</p>	<p>Q. What part of the sun can damage your skin and cause skin cancer?</p> <p>A. Ultraviolet (UV) radiation</p>
<p>Q. If I am in the shade, can UV still reach me?</p> <p>A. Yes – UV can be scattered and reflected off different surfaces so it can still reach you in the shade</p>	<p>Q. Do I really need sunscreen?</p> <p>A. Yes – sunscreen helps protect the parts of the body you can't cover with clothing or a hat</p>	<p>Q. Describe the best type of shirt for sun protection.</p> <p>A. One with a close weave fabric that has a collar and longer sleeves</p>	<p>Q. Which surfaces reflect a lot of UV?</p> <p>A. Usually smooth, shiny, light-coloured surfaces reflect a lot of UV, e.g. metal, glass, white walls, concrete, brick, sand, water</p>
<p>Q. Is there such thing as windburn?</p> <p>A. No – wind can't burn skin. UV can</p>	<p>Q. True or false: A person with dark skin doesn't need to use sun protection.</p> <p>A. False: EVERYONE needs to use sun protection</p>	<p>Q. Can UV radiation be seen or felt?</p> <p>A. No</p>	<p>Q. Can most skin cancer be prevented?</p> <p>A. Yes, by using sun protection</p>