**The Dangers of the Sun**

Skin cancer is the most common type of cancer in the United States. And ultraviolet, or UV, rays from the sun are the main cause of skin cancer. How much do you know about the dangers of the sun and ultraviolet rays? Take our quiz and rate yourself.

1. Minorities don’t get skin cancer.
2. True
3. False
4. In addition to skin cancer, too much exposure to the sun can cause:
5. Wrinkles and leathery skin
6. Freckles, age spots and uneven skin tone
7. Cataracts
8. All of the above
9. There are three main sun-protective behavior’s-using sunscreen, wearing sun-protective clothing, seeking shade. What percent of adults say they usually practice at least one of the three behaviors?
10. 46%
11. 56%
12. 66%
13. 76%
14. Using a sunscreen with an SPF of 30 will protect me during a day at the beach.
15. True
16. False
17. Sunscreen offers protection against which of the following ultraviolet rays?
18. UVA
19. UVB
20. Both UVA and UVB
21. Neither UVA nor UVB
22. Which of the following are symptoms of sunburn?
23. Red, tender skin that is warm to the touch.
24. Blisters that develop hours to days later.
25. Fever, chills, nausea, or rash.
26. All of the above.
27. The most dangerous time to be out in the sun is:
28. 7 am to noon
29. 9 am to 2 pm
30. 11 am to 3 pm
31. Noon to 5 pm
32. It is better to wear bright or dark-colored clothed than pastels and bleached cottons.
33. True
34. False
35. People who start using tanning booths at a young age are more likely to develop melanoma-a deadly form of skin cancer.
36. True
37. False