

SUN DAY FUN DAY

The National Children's
Cancer Society

Sun Day-Fun Day Fact or Fiction

How much do you know about your skin and how the sun affects it? Test your knowledge below.

| | Statement | Fact | Fiction |
|-----|--|------|---------|
| 1. | Skin is the largest human organ. | | |
| 2. | On an average adult, human skin weighs 4 pounds. | | |
| 3. | Melanin is a pigment that gives color to our skin and helps protect our skin from the sun's harmful rays. | | |
| 4. | Fair skinned individuals have more melanin than dark skinned individuals. | | |
| 5. | Skin is made of 2 layers. | | |
| 6. | Skin protects our bones and muscles, keeps our insides from falling out, warms us when we're cold, cools us when we're hot, and protects us from infections. | | |
| 7. | At the core, the temperature of the sun is 27 million degrees Fahrenheit. | | |
| 8. | The sun is our main source of Vitamin B which gives us strong, healthy bones. | | |
| 9. | The sun gives us visible light, heat, and ultraviolet (UV) radiation that we can't see or feel. | | |
| 10. | Too much unprotected exposure to the sun can cause skin damage, eye damage, immune system suppression, and even skin cancer. | | |
| 11. | We cannot get sunburned on a cloudy day. | | |
| 12. | We can get sunburned in the winter. | | |
| 13. | Our skin is most likely to burn early in the morning. | | |
| 14. | Sunscreen with an SPF of 30 or greater can help protect our skin from the sun. | | |
| 15. | We can also protect ourselves from the sun by staying in the shade and wearing a hat and sunglasses. | | |