

# 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.		