On average, how many times do you apply sunscreen to your face and neck per week?



Please answer the following questions:

Do you apply sunscreen to your face and neck more than two times per week? Yes/No Do you have any known allergies or hypersensitivities to sunscreen? Yes/No

Which of the following has sunscreen been demonstrated to prevent? (Select all correct answers)

- Skin aging
- Acne
- Skin cancer
- Hives
- Rosacea

What are the two types of sun rays that cause skin aging and skin cancer?

- Microwaves
- UVA (Ultraviolet A)
- UVB (Ultraviolet B)
- Gamma rays

How much sunscreen should be applied to the face and neck?

- 1 teaspoon
- 1/4 of a teaspoon to 1/2 of a teaspoon
- 1/4 of a tablespoon to 1/2 of a tablespoon
- 1 tablespoon
- The amount of sunscreen applied to the face and neck is not important.

Can makeup be used as a replacement for sunscreen?

- Yes
- Yes, but only if the makeup is SPF 35 or higher.
- No

Which statements are true regarding sunscreen reapplication? (Select all that apply)

- Sunscreen should be reapplied every two hours, regardless of sun exposure.
- During a typical day (commuting and working indoors), it is likely that sunscreen does not need to re-applied.
- Sunscreen completely loses efficacy after two hours, regardless of sun exposure.

- Sunscreen should be reapplied after two hours of sun exposure.
- Sunscreen should be reapplied when engaging in activities outdoors, especially if they involve sweating or swimming.

Which of the following is important for achieving the full SPF value advertised on a bottle of sunscreen?

- Reapply sunscreen every two hours, regardless of sun exposure.
- Use the suggested amount of sunscreen on the face and neck.
- Apply any amount of sunscreen to the face and neck. The amount of sunscreen applied does not impact SPF.
- Apply sunscreen immediately before sun exposure.

What is the difference between mineral and chemical sunscreen?

- Mineral sunscreens create a barrier to block the sun's rays while chemical sunscreens absorb the sun's rays.
- Chemical sunscreens are more effective than mineral sunscreens.
- Mineral sunscreens are more effective than chemical sunscreens.
- Chemical sunscreens create a barrier to block the sun's rays while mineral sunscreens absorb the sun's rays.