

# Summer and Sun Safety Quiz

August is Summer and Sun Safety month at Sodalis Senior Living. Take this quick quiz to see how “sun savvy” you are.

1. How soon before you leave the house should you apply sunscreen?
  - A. Right before leaving
  - B. 15 minutes
  - C. 30 minutes
  - D. I don't need sunscreen; it's a cloudy day today.
2. Before you head outside, you should always wear sunscreen with an SPF of at least:
  - A. 50
  - B. 15
  - C. 10
  - D. 30
3. Which of the following are signs of heat stroke (a dangerously high body temperature)?
  - A. Fainting
  - B. Inability to sweat
  - C. Rapid heartbeat and respiration rate
  - D. All of the above
4. Which of the following actions should you take if someone is affected by heat stroke?
  - A. Call 911 or your local emergency number for assistance.
  - B. Get the person out of the sun into a shady area or an air-conditioned room.
  - C. Dump ice water on the person to bring his or her temperature down quickly.
  - D. All of the above
  - E. A and B

## Summer and Sun Safety Quiz (cont)

5. Which occupants of a boat should be wearing an approved Personal Floatation Device (PFD)?
- A. Non-swimmers
  - B. Children under the age of 6
  - C. Children and teens
  - D. Everyone on the boat
6. Which one of the following is an effective way to treat a poison ivy rash?
- A. Calamine lotion
  - B. Soap and water
  - C. Eating ice cream
  - D. Moisturizing lotion
7. Which piece of safety equipment should you have close by when operating a fire pit?
- A. A first aid kit
  - B. A fire extinguisher
  - C. A shirt you can wave at the flames if the fire gets too high.
  - D. A stack of newspapers to smother the fire.
8. What can you do to avoid being bitten by mosquitos?
- A. Cover up by wearing long-sleeved clothing and long pants in mosquito-infested areas.
  - B. Stay out of swamps and wooded areas at dawn and dusk
  - C. Apply an insect repellent containing DEET to exposed skin.
  - D. All of the above.

Answers:  
1. C  
2. D  
3. D  
4. E  
5. D  
6. A  
7. B  
8. D