

## Skin care - quiz

Try our quick health quiz and learn how to take care of your skin. Protect your skin from the sun and guard against the risk of skin cancer.

**1. How do you wash your skin in the bath or shower?**

- A. With plain water.
- B. With pH balanced soaps and body washes.
- C. With regular soaps, perfumed body wash and sometimes bubble bath. (0 points).

**2. What skin type is at risk of getting sun damage?**

- A. Fair skinned people.
- B. People with red hair.
- C. All skin types are at risk.

**3. What is the healthiest way to get a suntan?**

- A. Tanning sessions in a supervised solarium.
- B. You should avoid deliberately sun tanning altogether because it's not healthy or safe.
- C. Sunbathing outside, as long as you wear sunscreen protection and a hat.

**4. When should you put on sunscreen?**

- A. At least 20 minutes before going outdoors.
- B. Just before you leave the house, if fine.
- C. As soon as you feel hot and the sun is out.

**5. What is the cause of acne?**

- A. Eating junk food and too much chocolate.
- B. Poor personal hygiene.
- C. The exact cause of acne is unknown.

**6. How should you care for your nails?**

- A. Push your cuticles back every week.
- B. Clean under your nails with a nail file carefully every day.
- C. Avoid strong soaps and detergents.

**7. What should you do if you have impetigo (school sores)?**

- A. Stay home.
- B. See your doctor.

- C. You don't need to worry about treatment unless you feel sick as well.

**8. What is the best way to treat a mild scald or burn?**

- A. Apply cool water to the affected area.
- B. Apply ice alone.
- C. Quickly apply butter or thickly apply burn cream.

Calculate score

Your score is:

**Score 0 to 2:**

Skin is a complete mystery to you.

**Score 3 to 5:**

Not too bad, but you've got plenty of gaps in your knowledge.

**Score 6 to 8:**

Well done, you know a lot about skin.

> Check the correct answers

**This page has been produced in consultation with, and approved by:**

St Vincent's Hospital - Department of Dermatology

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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