

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.

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.

See over...

Skin care – quiz answers

Correct answers

1. A= 3 points, B= 2 points and C= 0 points.

The correct answer is A.

Some of the chemicals in perfumed soaps, body washes and bubble baths can irritate and dry your skin. Use plain warm water only or use neutral pH balanced soaps and body washes or an equivalent.

2. A= 2 points, B= 0 points and C= 3 points.

The correct answer is C.

All skin types are at risk of developing sun damage and skin cancer with exposure to the Australian sun. Fair skinned people do burn more quickly than people with olive skins but hair colour has little to do with your susceptibility to sun damage. Everyone should try to avoid the sun between 11am and 3pm, cover up with clothes and hats when they are in the sun, and use sunscreen to prevent sun damage.

3. A= 0 points, B= 3 points and C= 0 points.

The correct answer is B.

Deliberately acquiring a suntan is not healthy behaviour. You can get sunburnt and get skin damage using a solarium. Deliberately sun tanning outdoors, even if you have used sunscreen and a hat, should be avoided.

4. A= 3 points, B= 1 point and C= 0 points.

The correct answer is A.

For maximum effect from your sunscreen, it should be applied at least 20 minutes before you go outside. Applying sunscreen only when it's hot is not safe; you can still get burnt on cloudy and cool days in the summer.

5. A= 0 points, B= 0 points and C= 3 points.

The correct answer is C.

There is no evidence that eating some junk food and chocolate specifically causes acne. Excessive amounts of high fat, junk foods should be avoided for good health. The exact cause of acne is unknown, although hormonal changes are known to be a contributing factor. Blackheads and acne are not caused by not washing enough; the blackness of a blackhead is caused by a reaction of skin oil to the air.

6. A= 0 points, B= 1 point and C= 3 points.

The correct answer is C.

Keeping your hands and nails clean is good health care but pushing back the cuticles can cause damage to the nails and cuticles. Overzealous cleaning under your nails can cause lifting of the nail plate. Strong soaps, chemicals and detergents can cause splitting and trauma to the nails.

See over...

7. A= 2 points, B= 3 points and C= 0 points.

The correct answer is B.

You should see your doctor. Impetigo is very contagious. It can be spread from one person to another through touch or shared items such as clothes and towels. A person can also spread it to another part of their own body by scratching or picking at the blisters and scabs. Impetigo is most often treated with antibiotics, either orally or in ointment. You must follow the recommended treatment and complete the course of antibiotics. The Department of Human Services advises that children can return to school or childcare after treatment has started, if the sores are completely covered with a watertight dressing.

8. A= 3 points, B= 0 points and C= 0 points.

The correct answer is A.

The best way to treat mild burns is to apply cool water. Ice alone is not used as it chills the skin too much. Butter and burn creams are not used, as they can be messy and they may retain heat in the skin.

Your score

24 points

You understand the importance of looking after your skin. Well done.

16 -23 points

You need to learn more about looking after your skin, browse the Better Health Channel for information that will help you improve your knowledge of skin care.

0-16 points

You have a lot to learn about looking after your skin, browse the Better Health Channel for information that will help you improve your knowledge of good skin care.

This page has been produced in consultation with, and approved by, St. Vincent's Hospital, Melbourne - Department of Dermatology. The Better Health Channel is part of the Department of Human Services, Victoria.

Updates

This is a copy of an article from the Better Health Channel website. Articles on the Better Health Channel are updated regularly. For the most recent information on this topic, go to www.betterhealth.vic.gov.au

Quality assurance

This article, like all articles on the Better Health Channel, has passed through a rigorous and exhaustive approval process.

Copyright

Copyright © 2000/2004 State of Victoria. Reproduced from the Better Health Channel (www.betterhealth.vic.gov.au) at no cost with Permission of the Victorian Minister for Health. Unauthorized reproduction and other uses comprised in the copyright are prohibited without permission.