

SunAWARE Post-Test: Grades K -2

Name: _____ Grade/Teacher: _____ Date: _____

Check correct answers.

1. What time of day are the UV rays the strongest?

____ 9:00 am

____ 12 noon

____ 3:00 pm

2. Can you get a sunburn on a cold Spring day?

____ yes

____ no

3. Can anyone get a sunburn?

____ yes

____ no

4. Do we need to reapply our sunscreen when we come out of the water?

____ yes

____ no

5. Draw a picture of you being SunAWARE either at a pool, at the beach, on the playground, at the park, etc.



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Answer Key:

1. 12 noon

2. yes

3. yes

4. yes

5. Pictures will vary. Look for SunAWARE™ action steps including any or all listed below:

Avoid *unprotected* exposure to sunlight, seek shade, and never indoor tan.

Wear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.

Apply recommended amounts of broad-spectrum sunscreen with a sunburn protection factor (SPF) ≥ 30 to all exposed skin and reapply every two hours, or as needed.

Routinely examine your whole body for changes in your skin and report concerns to a parent or healthcare provider.

Educate your family and community about the need to be SunAWARE