# Sun Exposure Assignment

*Answer in COMPLETE sentences on a separate piece of paper.*

1. Describe the ABCDE’s of skin damage, explain what each letter means.
2. Prevention methods (list 3 ways you can prevent skin damage).
3. After taking the skin test, describe to me the skin type you have and what you should do to protect yourself from sun exposure.
4. What is the difference between UVA and UVB rays?
5. Which UV does SPF block out?
6. What does the number on the sunscreen bottle mean?
7. Is it beneficial for you to use a SPF 50? Explain why or why not.

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