Sunlight and health risks

Everyone should be aware that in the next few years the ozone layer will be critically thinned. It is only after this crisis that we can envision its gradual restoration, which will probably last until the middle of the 21st century. During this period it will be vitally important to protect the skin from sunburn, especially in summer, and to wear sunglasses designed to protect the eyes from dangerous UV radiation.

The following questionnaire identifies which types of people are at greater risk of developing skin cancer as a result of extended exposure to sunshine.

Answer the questions and add up your points:

1. What colour is your hair?
   - blonde/red: 4
   - brown: 3
   - black: 1

2. What colour are your eyes?
   - blue/green: 4
   - hazel: 3
   - brown: 1

3. If you sit in the sun for an hour in the summer:
   - you get sunburned and small blisters form on your skin: 4
   - you get sunburned and then tan: 3
   - you get suntanned: 1

4. Do you have freckles?
   - a lot: 4
   - some: 3
   - no: 1

5. Do you work:
   - outside: 4
   - outside and inside: 3
   - inside: 1

6. Has anybody in your family suffered from skin cancer?
   - yes: 5
   - no: 1

7. Where do you live?
   - in a region with a cool climate: 4
   - in a region with a moderate climate: 3
   - in a region with a warm climate: 1

The risk of getting skin cancer is:
- minimal: 7–15 points
- average: 16–22 points
- high: 23–25 points
- very high: 26–29 points