



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?	
	<input type="checkbox"/> blonde/red	4
	<input type="checkbox"/> brown	3
	<input type="checkbox"/> black	1
2	What colour are your eyes?	
	<input type="checkbox"/> blue/green	4
	<input type="checkbox"/> hazel	3
	<input type="checkbox"/> brown	1
3	If you sit in the sun for an hour in the summer:	
	<input type="checkbox"/> you get sunburned and small blisters form on your skin	4
	<input type="checkbox"/> you get sunburned and then tan	3
	<input type="checkbox"/> you get suntanned	1
4	Do you have freckles?	
	<input type="checkbox"/> a lot	4
	<input type="checkbox"/> some	3
	<input type="checkbox"/> no	1
5	Do you work:	
	<input type="checkbox"/> outside	4
	<input type="checkbox"/> outside and inside	3
	<input type="checkbox"/> inside	1
6	Has anybody in your family suffered from skin cancer?	
	<input type="checkbox"/> yes	5
	<input type="checkbox"/> no	1
7	Where do you live?	
	<input type="checkbox"/> in a region with a cool climate	4
	<input type="checkbox"/> in a region with a moderate climate	3
	<input type="checkbox"/> 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