

Unlock the Secrets to **Healthy Skin**

Quiz Yourself!



Maintaining healthy skin is simpler than you think!

Take this fun quiz to check your knowledge of skin care tips and learn something new along the way. Select all the options you think are correct for maintaining healthy skin!

Which of these are tips for maintaining healthy skin?

Circle your answers!

- A. Stay hydrated.
- B. Maintain a balanced diet.
- C. Use appropriate skincare.
- D. Excessively tanning under the sun with no protection.
- E. Have enough sleep.
- F. Drink excessively and smoking.
- G. Have enough sleep and manage stress level.
- H. Regular check-ups with your dermatologist or healthcare provider.

Correct Answers:

A. Stay hydrated.

B. Maintain a balanced diet.

C. Use appropriate skincare.

E. Have enough sleep.

G. Have enough sleep and manage stress level.

H. Regular check-ups with your dermatologist or healthcare provider.



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✘ Myth Busters

Excessive tanning without protection (D)

This can damage your skin and increase the risk of skin cancer.

Drinking excessively and smoking (F)

Both habits can prematurely age your skin and cause other health problems.

✔ Correct Answers and Explanations



Stay hydrated (A): Drinking plenty of water helps keep your skin hydrated and glowing.



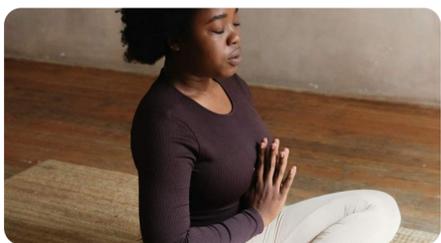
Maintain a balanced diet (B): A diet rich in fruits, vegetables, omega-3 fatty acids, and vitamins E and C nourishes your skin from within.



Use appropriate skincare (C): Using products suitable for your skin type can prevent issues like dryness or acne.



Get enough sleep (E): Sleep is crucial for skin repair and overall health.



Manage stress effectively (G): Stress can trigger skin issues like acne and eczema. Practices like yoga and meditation can help.



Regular check-ups (H): Visiting your dermatologist ensures any skin issues are caught early and managed effectively.

Additional Tips

Use sun protection:

Always use broad-spectrum sunscreen with SPF 30 or higher and wear protective clothing to shield your skin from harmful UV rays.

Limit alcohol and avoid smoking: Both can cause premature ageing and damage your skin.

Visit the [WSHD website](#) for more tips on maintaining healthy skin and understanding what your skin can tell you about your overall health.

Share Your Score!

How did you do? Share your score and challenge your friends to take the quiz!



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True or False Quiz:

Skin Health Knowledge



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Take this quick and easy quiz to test your knowledge about skin health. Answer true or false to each statement and learn some surprising facts about your skin!

1

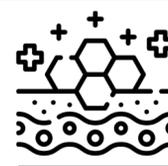
Over 3000 skin diseases affect more than 1.8 billion people globally at any given time.



TRUE / FALSE

2

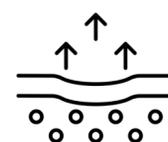
Eczema affects fewer than 50 million people worldwide and does not significantly impact quality of life.



TRUE / FALSE

3

Psoriasis affects 125 million people worldwide and significantly impacts both physical and emotional well-being.



TRUE / FALSE

4

Acne is the 8th most common disease globally, affecting only 10% of young adults.



TRUE / FALSE

5

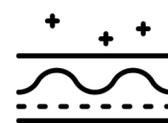
Vitiligo affects approximately 70 million people and requires greater societal understanding.



TRUE / FALSE

6

Scabies, caused by skin mites, affects 200 million people worldwide.



TRUE / FALSE

7

Skin cancers are the least common group of cancers diagnosed globally, with fewer than 500,000 cases each year.



TRUE / FALSE

8

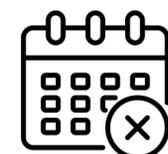
Yellowing of the skin or eyes (jaundice) can directly indicate liver dysfunction.



TRUE / FALSE

9

In some areas, waiting times for a dermatologist appointment can reach up to two years.



TRUE / FALSE

10

Individuals may travel up to eight hours in certain regions to reach the nearest skin care clinic.



TRUE / FALSE

Answers on the next page!



Answers and Explanations

1

TRUE

Over 3000 skin diseases affect more than 1.8 billion people globally at any given time.

6

TRUE

Scabies, caused by skin mites, affects 200 million people worldwide.

2

FALSE

Eczema affects over 230 million people worldwide and can severely impact quality of life.

7

FALSE

False - Skin cancers are the most common group of cancers diagnosed globally, with more than 1.5 million cases each year.

3

TRUE

Psoriasis affects 125 million people worldwide, impacting physical and emotional well-being.

8

TRUE

Yellowing of the skin or eyes (jaundice) can directly indicate liver dysfunction.

4

FALSE

Acne is the 8th most common disease globally, affecting 85% of young adults.

9

TRUE

In some areas, waiting times for a dermatologist appointment can reach up to two years.

5

TRUE

Vitiligo affects approximately 70 million people and requires greater societal understanding.

10

TRUE

In certain regions, individuals may travel up to eight hours to reach the nearest skin care clinic.

Please visit the **WSHD** website for more information on maintaining healthy skin and what your skin can tell you about your overall health.



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Join us on our journey towards “Skin Health for All” by visiting our website

worldskinday.org

To keep up to date with all this WSHD follow us on social media

[@worldskinday](https://twitter.com/worldskinday)