


Nursing Notes 
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Summer Health Quiz



When should you apply sunscreen to your children?

- a) once they are outside
- b) 5-10 minutes before they go outside
- c) 30-45 minutes before going outside
- d) 2-3 hours before going outside

(answer is c)

To be safe on a boat, your children should wear:

- a) floaties
- b) an age appropriate life vest
- c) sun screen
- d) insect repellent

(answer is b)

You are outside gardening and accidentally spray your child with an insect killer. You should:

- a) wash it off and observe her for symptoms
- b) wash it off and not worry about using an insect repellent that day
- c) wash it off and call Poison Control
- d) wash it off and call Poison Control if she gets a rash

(answer is c)

When should you reapply sunscreen on your children?

- a) after they have been swimming
- b) after they have been playing hard and are sweating
- c) after they have been outside for 2 or more hours
- d) all of the above

(answer is d)

Alternatives to insect repellents with DEET include those with:

- a) citronella
- b) soybean oil
- c) peanut oil
- d) both a and b

(answer is d)