

Fitzpatrick Skin Type Quiz

The Fitzpatrick Skin Type is a skin classification system used to determine the skin's response to UV radiation exposure. Take the quiz below to discover your skin type (skin types range from very fair [Type I] to very dark [Type VI]), and then read the analysis for some sun safety advice tailored to your skin type.

Part I: Genetic Disposition

Your eye color is:

Light blue, light gray or light green = 0 points

Blue, gray or green = 1 point

Hazel or light brown = 2 points

Dark brown = 3 points

Brownish black = 4 points

Your natural hair color is:

Red or light blonde = 0 points

Blonde = 1 point

Dark blonde or light brown = 2 points

Dark brown = 3 points

Black = 4 points

Your natural skin color (before sun exposure) is:

Ivory white = 0 points

Fair or pale = 1 point

Fair to beige, with golden undertone = 2 points

Olive or light brown = 3 points

Dark brown or black = 4 points

How many freckles do you have on unexposed areas of your skin?

Many = 0 points

Several = 1 point

A few = 2 points

Very few = 3 points

None = 4 points

Total score for genetic disposition (Part I): _____

Adapted from the *Skin Cancer Foundation*

www.skincancer.org

Part II: Reaction to Extended Sun Exposure

How does your skin respond to the sun?

Always burns, blisters and peels = 0

Often burns, blisters and peels = 1 point

Burns moderately = 2

Burns rarely, if at all = 3

Never burns = 4

Does your skin tan?

Never -- I always burn = 0

Seldom = 1 point

Sometimes = 2

Often = 3

Always = 4

How deeply do you tan?

Not at all or very little = 0

Lightly = 1 point

Moderately = 2

Deeply = 3

My skin is naturally dark = 4

How sensitive is your face to the sun?

Very sensitive = 0

Sensitive = 1 point

Normal = 2

Resistant = 3

Very resistant/Never had a problem = 4

Total score for reaction to extended sun exposure (Part II): _____

**Add up your genetic disposition and sun exposure totals to
find your Fitzpatrick Skin Type: _____**

Results

Skin Type I (0-6 points): Your skin always burns and never tans in the sun. You are extremely susceptible to skin damage as well as cancers like basal cell carcinoma, squamous cell carcinoma, and melanoma (the deadliest type of skin cancer). Seek shade when you are out in the sun. Cover up as much as possible with a hat, sun-protective clothing, and sunglasses. Wear a broad-spectrum sunscreen with SPF 30+. Check your skin head-to-toe each month. Tell your healthcare provider about any suspicious growths, and have an annual professional skin exam.

Skin Type II (7-12 points): Your skin almost always burns and rarely tans in the sun. You are highly susceptible to skin damage as well as cancers like basal cell carcinoma and squamous cell carcinoma. You are also at high risk for melanoma (the deadliest type of skin cancer). Seek shade when you are out in the sun. Cover up as much as possible with a hat, sun-protective clothing, and sunglasses. Wear a broad-spectrum sunscreen with SPF 30+. Check your skin head-to-toe each month. Tell your healthcare provider about any suspicious growths, and have an annual professional skin exam.

Skin Type III (13-18 points): Your skin sometimes burns and sometimes tans in the sun. You are susceptible to skin damage as well as cancers like basal cell carcinoma and squamous cell carcinoma. You are also at risk for melanoma (the deadliest type of skin cancer). Seek shade between 10 AM – 4 PM, when the sun is strongest. Cover up with a hat, sun-protective clothing, and sunglasses. Wear a broad-spectrum sunscreen with SPF 30+. Check your skin head-to-toe each month. Tell your healthcare provider about any suspicious growths, and have an annual professional skin exam.

Skin Type IV (19-24 points): Your skin tends to tan easily and is less likely to burn. But, you are still at risk of skin cancers, including basal cell carcinoma, squamous cell carcinoma, and melanoma (the deadliest type of skin cancer). Seek shade between 10 AM – 4 PM, when the sun is strongest. Cover up with a hat, sun-protective clothing, and sunglasses. Wear a broad-spectrum sunscreen with SPF 30+. Check your skin head-to-toe each month. Tell your healthcare provider about any suspicious growths, and have an annual professional skin exam.

Skin Type V (25-30 points): Your skin tans easily and rarely burns, but you are still at risk of skin cancers. Seek shade between 10 AM – 4 PM, when the sun is strongest. Cover up with a hat, sun-protective clothing, and sunglasses. Wear a broad-spectrum sunscreen with SPF 30+. Acral lentiginous melanoma, a very virulent form of the disease, is more common among darker-skinned people. These melanomas tend to appear on parts of the body not often exposed to the sun, and often remain undetected until after the cancer has spread. Check your skin head-

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to-toe each month. Tell your healthcare provider about any suspicious growths, and have an annual professional skin exam. Keep an eye out for any suspicious growths, especially on the palms, soles of the feet and mucous membranes.

Skin Type V (31+ points): Although your skin does not burn, you are still at risk for skin cancers. Seek shade between 10 AM – 4 PM, when the sun is strongest. Cover up with a hat, sun-protective clothing, and sunglasses. Wear a broad-spectrum sunscreen with SPF 30+. Acral lentiginous melanoma, a very virulent form of the disease, is more common among darker-skinned people. These melanomas tend to appear on parts of the body not often exposed to the sun, and often remain undetected until after the cancer has spread. Check your skin head-to-toe each month. Tell your healthcare provider about any suspicious growths, and have an annual professional skin exam. Keep an eye out for any suspicious growths, especially on the palms, soles of the feet and mucous membranes.