

Mayo Clinic Minute

Do you make these sunscreen errors?

VIDEO	AUDIO
	<i>Sound of sunscreen bottle being opened</i>
	<i>Sound of sunscreen squirting into a glass</i>
	If this looks like a lot of sunscreen, then you might not be used to applying enough of it.
Title: Dawn Davis, M.D. Dermatology Mayo Clinic	“The average person, in studies, only applies approximately one-third of the sunscreen that is recommended by volume.”
Graphic: SPF 15 SPF 5	“So, if you’re wearing an SPF 15, unfortunately, you’re only getting an SPF of 5 because of the way that you apply it.”
	In fact, Mayo Clinic dermatologist Dr. Dawn Davis says this shot of protection isn’t enough to cover your whole body.
Dawn Davis, M.D.	“A shot glass full of sunscreen will only cover your face, your neck and the backs of your two hands.”
Dawn Davis, M.D.	“The average sunscreen bottle should only last you four to five full-body applications.”
	Dr. Davis says, besides rubbing on enough sunscreen, it’s important to reapply it every two hours. And ...
Dawn Davis, M.D.	“... if you’re in the water, or you are sweating, you need to increase the application.”
Dawn Davis, M.D.	“Even if your sunscreen is water-resistant, it is not waterproof.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.