### Mayo Clinic Minute

**Do you make these sunscreen errors?**

<table>
<thead>
<tr>
<th>VIDEO</th>
<th>AUDIO</th>
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</thead>
<tbody>
<tr>
<td></td>
<td><strong>Sound of sunscreen bottle being opened</strong></td>
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<tr>
<td></td>
<td><strong>Sound of sunscreen squirting into a glass</strong></td>
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<tr>
<td></td>
<td>If this looks like a lot of sunscreen, then you might not be used to applying enough of it.</td>
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</tbody>
</table>

**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.