

**Mayo Clinic Minute**

**Spring break sun safety**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b> <b>V: People at beach/in water etc</b> <b>To sunscreen</b>	It is spring break time, and many people are headed to warmer climates to get much-needed R & R. And some sun, which means you could get sunburned. Sunburns can be painful, and they can increase your risk of skin cancer. So it's important to slather on the sunscreen and expose your skin to the sun gradually. But, with all the different products out there, how do you know what number sun protection factor (SPF) to use? Fifteen, 30, 50-plus? Mayo Clinic dermatologist Dr. Dawn Davis has recommendations.
<b>Dawn Davis, M.D.</b> <b>Dermatology</b> <b>Mayo Clinic</b>	“If you'd like a little bit of sun exposure as you go on spring break, then what you can do is start off with an SPF 30 or an SPF 50 bottle, apply that for the first couple days you are there, and then gradually back down to an SPF 30 or 15.”
<b>Vivien Williams</b> <b>VO: fun in the sun video</b>	But Dr. Davis reminds us the sun is toxic to the skin, so be sure to use that sunscreen, and remember to reapply it every two hours and after you sweat or swim. And kids under 6 months should stay out of the sun — period. For the Mayo Clinic News Network, I'm Vivien Williams.