

## Mayo Clinic Minute

### Don't share your lip balm

Video	Audio
	Many people use lip balm. Dr. Dawn Davis, a dermatologist at Mayo Clinic fully supports the practice.
Dawn Davis, M.D. Dermatologist Mayo Clinic	"The application of a lip product, whether that be a gloss or a stick or a swab, is a very positive thing to do for your skin. And we know that using moisturizer with sunscreen on the lips helps decrease the risk of skin cancer to the lips."
	But Dr. Davis says sharing your lip product should be off limits.
	"This swab can be a potential carrier of germs, including potentially a virus."
	Dr. Davis says that's because germs and viruses can be spread by fomites, or shared cosmetics like this.
	So, the next time a friend or family member reaches for your lip balm?
	"It is completely polite to say no to sharing cosmetics. I think that we're all in the habit in society of not sharing toothbrushes and utensils without them being clean. And just, similarly, we should have this same habit with cosmeceuticals."
	For the Mayo Clinic News Network, I'm Vivien Williams.