

# Are you using sunscreen correctly?

By Daniel Victor, New York Times

Look, we're not here to nag. We all know we're supposed to use sunscreen more reliably than we probably do.

Instead of hounding you again, we asked experts for tips on skin cancer prevention and using sunscreen that you're less likely to have heard: the counterintuitive, the new or the little-known.

Depending on your body size, experts recommend using enough lotion to fill a shot glass, or an ounce, when you're at the beach. Even if people are smart enough to apply sunscreen, they may not use enough, said Jerry Brewer, a dermatologic surgeon at the Mayo Clinic in Minnesota.

Even if the bottle says the lotion is waterproof, beachgoers should reapply after swimming.

If you're not swimming, you should reapply every two hours, regardless of the SPF count.

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