

## Mayo Clinic Minute

### 3 tips to prevent the flu

| <b>Video</b>  | <b>Audio</b>  |
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| <b>Vivien Williams</b>  | When it comes to the flu, the best way to protect yourself is to get a flu shot.  |
| <b>Vandana Bhide, M.D.</b>  | “You do have to get it every single year.”  |
| <b>Vivien Williams</b>  | Mayo Clinic Dr. Vandana Bhide says flu shots are very effective, but ...  |
| <b>Vandana Bhide, M.D.</b>  | “No vaccine is 100 percent.”  |
| <b>Vivien Williams</b>  | There’s always a small chance you could still get sick. So, in addition to getting the vaccine, Dr. Bhide has three tips to help prevent the flu. No. 1: hand-washing ...       |
| <b>Vandana Bhide, M.D.</b><br><b>Pediatrics</b><br><b>Mayo Clinic</b> | “... Frequent hand-washing to prevent viral infections. And if you do have any kind of infection, whether it’s influenza or some other upper respiratory infection, stay home.” |
| <b>Vivien Williams</b>  | Staying home so you don’t infect others is No. 2. No. 3 is, if you get sick, see your health care provider within 48 hours of symptoms starting.                                |
| <b>Vandana Bhide, M.D.</b>  | “Because the faster that you can see the doctor, the faster you can be treated.”  |
| <b>Vivien Williams</b>  | But the best way to protect yourself is to get a flu vaccine. For the Mayo Clinic News Network, I’m Vivien Williams.  |