

Mayo Clinic Minute

How to Prevent Cold and Flu

Video	Audio
Vivien voice-over Nat-sound person sneezing Vivien voice-over	Running noses, coughs, sneezing...It's officially cold and flu season. <i>((NAT ACHOO – person sneezing, coughing))</i>
	While there's no cure for the common cold, Mayo Clinic's Dr. Gregory Poland says there are ways to protect yourself from the germs that cause illness.
SOT Dr. Gregory Poland Vaccine Research Group Mayo Clinic	"No. 1, stay away from sick people. Not always possible, but stay away. Cough and sneeze into the crook of your arm. Ask others in a polite way to do the same so they don't spread those germs. Don't put your fingers into your eyes, nose or mouth. That's a very, very common way that this is spread."
Vivien Williams voice-over	Remember to be a good co-worker and stay home if you're sick. Wash your hands frequently, especially when out in public or use hand sanitizer. And, don't forget to get your flu and pertussis vaccines. Dr. Poland says staying healthy begins with being healthy.
Dr. Poland 1:56 – 2:04	"What better way to protect against complications of illness than getting enough sleep, eating right, exercising, and get a flu vaccine."
Vivien Williams voice-over	For the Mayo Clinic News Network, I'm Vivien Williams.