

## Mayo Clinic Minute

### Cleanliness conundrum and children

Video	Audio
	Kids can be gross.
	They touch everything, they put things into their mouths, and most of them get sick pretty frequently.
	But doctors and scientists are starting to think that may not be such a bad thing.
<b>NIPUNIE RAJAPAKSE, M.D.</b> <b>INFECTIOUS DISEASES</b> <b>Mayo Clinic</b> 00:03:48 CLIP 3	“ it’s impossible to prevent a child from ever getting sick. Kids go to school, they’re out in the community, they’re exposed to each other and they’re exposed to all of these infectious particles.”
	Dr. Nipunie Rajapakse, a pediatric infectious diseases specialist at Mayo Clinic, says that’s how kids build immunity.
	In fact, there is more and more research suggesting it can be detrimental to children’s immune system development to be too clean.
	It’s called hygiene hypothesis, and doctors say as our society has begun using more antibacterial soap and discouraged kids from going outside and getting dirty, the number of kids with allergies has gone up...suggesting perhaps our cleanliness is preventing kids immune systems from developing properly.
<b>NIPUNIE RAJAPAKSE, M.D.</b> <b>INFECTIOUS DISEASES</b> <b>Mayo Clinic</b> 00:06:07 CLIP 3	“So yeah, I think there’s a kind of reasonable middle ground that you can achieve here. Kids should – can and should be playing outside, playing on the playground.”

	Dr. Rajapakse says they should just make sure to wash their hands when they come back inside.
	For the Mayo Clinic News Network, I'm Ian Roth