

Mayo Clinic Minute

Avoiding illness when traveling

Video	Audio
Nipunie Rajapakse, M.D. Pediatric Infectious Diseases Mayo Clinic	Germes can be hard to avoid when traveling, especially if you're flying to your destination. "You are potentially exposed to lots of different types of germes in public settings where you have a lot of people who are in a relatively confined space."
	Dr. Nipunie Rajapakse says the No. 1 thing travelers can do to prevent picking up infections is wash their hands.
	"It really is the most effective way to keep yourself well when you're traveling."
	Excellent hand-washing can also help protect you from getting infected with norovirus.
	"That one also tends to occur on cruise ships because you have limited number of restaurants or places that people are eating, and you can have food that sits out in buffet style for prolonged periods of time, which kind of really makes a good breeding ground for spread of this type of infection."
	Making sure your food is piping hot and cooked thoroughly can also decrease your risk.
	What about face masks?
	"If you yourself are sick, if you wear a face mask, that can decrease your risk of transmitting the infection to someone else."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.