Mayo Clinic Minute: Strategies for safe holiday travel

Video	Audio
	"Travel is difficult, especially in a situation where you might have children and family members of multiple ages, some of who are vaccinated and some of who are not."
	To make it less difficult, along with being fully vaccinated, Dr. Rajapakse says wear a mask, practice good hand-washing and avoid large crowds when possible when traveling.
Nipunie Rajapakse, M.D. **Pediatric Infectious Diseases** **Mayo Clinic**	"On the airplane itself, it's difficult to physically distance. But having some of these other strategies that you're using can reduce the risk of getting infected on an airplane."
	Anyone who is not fully vaccinated at the time of travel should get tested for COVID-19 one to three days before travel and three to five days after they return.
	"That can also help to reduce the risk not only for yourself, but for everyone else and to reduce the chances that you spread the infection if you were to get infected during your travels."
	Flu vaccination is equally important. Kids, pregnant women and older adults are at risk for complications, so apply the same good hygiene strategies.
	"Because flu is spread in very much the same ways that COVID-19 is spread."
	For the Mayo Clinic News Network, I'm Joel Streed.