

**Mayo Clinic Minute: Keeping those who are medically vulnerable safe from COVID-19**

Video	Audio
	When it comes to protecting those with weakened immune systems from COVID-19, there are several steps people can take. According to Dr. Raymund Razonable, a Mayo Clinic infectious diseases expert.
Raymund Razonable, M.D. Infectious Diseases Mayo Clinic 7:41 – 7:46	"The No. 1, No. 2, No. 3 (things are) vaccine, vaccine, vaccine. Get vaccinated."
7:52 – 7:56	"That's still the best measure to prevent infection."
	He recommends immunocompromised patients receive three doses of the messenger RNA vaccine (Moderna or Pfizer) or two doses of the Johnson & Johnson vaccine.
GRX	It's also just as important to keep a circle of safety around you. In other words, ensure family and friends you come into contact with are also vaccinated.
9:49 – 10:09	"I usually advise my patients that if you love your relatives who are immunocompromised, then get the vaccine because this will make it less likely for you to get the virus. And if you're around them, that means you are less likely to transmit the virus."
GRX	Keeping track of COVID-19 case counts in their local community can help when deciding risks associated with various activities.
9:22 – 9:37	"If the transmission in the community is pretty high, then this is probably not the best time to go out in public areas. If you really have to go out, make sure you know to mask up and try to kind of stay away from large gathering as much as possible."
GRX	Finally, if immunocompromised patients are exposed, they should contact their doctor right away, even if they don't have symptoms.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.