

Mayo Clinic Minute: Winter, holidays and keeping safe from COVID-19 and other viruses

	<p>Winter weather and holiday festivities are driving folks indoors, but that could be putting you at greater a risk of getting sick.</p> <p>Not only are COVID-19 variants of concern, Dr. Tina Ardon, a Mayo Clinic family medicine physician says it's the time of year for respiratory illnesses.</p> <p>She recommends taking precautions now to help your health later.</p>
WASHING HANDS (NATS)	
Tina Ardon, M.D. Family Medicine Mayo Clinic	"Washing your hands, wearing a mask when you can and social distancing is more important than ever this winter season."
	<p>But that's not all.</p> <p>Vaccines offer an extra layer of protection.</p> <p>And for women who are pregnant, Dr. Ardon says there are three vaccines to consider this season.</p>
	"Consider influenza vaccination if you're in influenza season, that can be given any time during pregnancy to help protect mom and baby. The second is the TDAP, or tetanus and acellular pertussis booster, which is against whooping cough. That's indicated for women in their third trimester. And now we have the COVID-19 vaccine that's extremely important for pregnant women. That, again, can be received anytime during pregnancy to help protect mom and baby."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.