

Mayo Clinic Minute: Strategies to stay healthy during respiratory virus season

Video	Audio
<p>Priya Sampathkumar, M.D. Infectious Diseases Mayo Clinic</p>	<p>"Each year we have what we call viral respiratory season where people seem to get colds, and some people get worse infections, including pneumonia."</p>
	<p>The viruses responsible for causing most infections in the fall and winter are influenza, COVID-19 and RSV, which is respiratory syncytial (sin-sis-shull) virus.</p>
	<p>One of the best strategies to provide protection against these viruses is vaccination. Annual flu shots are recommended for everyone 6 months and older.</p>
	<p>"The flu vaccine, as you know, has been around for many, many years and is a very safe vaccine." "It does do a good job in, again, preventing the most serious complications of flu, which are hospitalization and death."</p>
	<p>Updated COVID-19 vaccines are also recommended this year, along with a newly approved RSV vaccine for adults ages 60 and older</p>
	<p>Along with getting recommended vaccinations, avoiding crowded areas, considering masking to protect yourself in crowded indoor spaces, and frequent hand-washing, are other ways to help get you through respiratory virus season.</p>
	<p>"Then, if you do become sick, make sure that at that point, you do wear a mask to protect those around you. Staying home and not exposing a lot of people at your workplace or elsewhere."</p>

For the Mayo Clinic News Network, I'm
DeeDee Stiepan.