

Mayo Clinic Minute: Preventive strategies for a healthy holiday season

Video	Audio
Matthew Binnicker, Ph.D. Laboratory Medicine and Pathology Mayo Clinic	"Getting vaccinated is the first and foremost best step that we can take to help prevent ourselves from being infected with influenza, COVID-19 and, in certain groups, RSV."
	If you do feel sick, it's better to have a case of FOMO, or fear of missing out, than risk exposing others to your illness.
	"It's really hard to do during the holidays because you want to get together with family and friends. But if you feel sick, whether that be a gastrointestinal illness or a respiratory illness, what you need to do is stay home."
	Another strategy to consider is testing for COVID-19, the flu and RSV before traveling or attending gatherings.
	"If you're going to be getting together with a group where there might be someone who is at higher risk for severe disease, so if there's really young children who are going to be present, or if there's an elderly individual or anyone who is immunocompromised, taking a test the day of or right before the event can help catch whether someone unknowingly has a high amount of the virus."
	Finally, don't forget to wash your hands before and after getting together with people, especially when food is involved.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.

