



Mayo Clinic Minute: Protect your family from seasonal illnesses

Cold, flu, RSV and COVID-19 all have one thing in common: they are respiratory infections that cause similar symptoms such as coughing, fever and fatigue. These illnesses can range from mild to severe, especially in people who are more vulnerable.

Dr. Tina Ardon, a family medicine physician at Mayo Clinic, says these respiratory infections also share common preventive measures. She offers these tips to help keep you and your family safe.

	Video	Audio
Tina Ardon, M.D. Family Medicine Mayo Clinic	"Illnesses like influenza or COVID-19 can definitely put stress on a family. As a mother of three, I recommend making sure that we can stay protected against illnesses that we have vaccines for."	
	There is no vaccine for the common cold. (coughing nat) However, there are safe and effective vaccines for the flu and COVID-19.	
	Dr. Tina Ardon says protecting family yourself helps protect members.	
	"Especially if you have family members who are higher risk, maybe a new baby in the family, maybe an elderly family member who has other chronic conditions. Vaccines are very important for keeping the rest of us safe as well."	
	Along with vaccination, there are ways to optimize your health including good hand hygiene. Wash your hands often for at least 20 seconds with soap and water, get plenty of rest and follow a healthy diet.	
	"Other ways we can kind of protect ourselves too, are being careful about coughing and sneezing. You know, maybe using the inside of an elbow, using a handkerchief, being careful about coughing and sneezing around those that are around us."	
	For the Mayo Clinic News Network, I'm Alex Osiadacz.	