



Mayo Clinic Minute: Reduce the risk of respiratory infections

Video

Audio

Robert Jacobson, M.D. Primary Care Immunization Program Mayo Clinic	"We're all at risk for getting the flu, and we can actually get (it) more than once a year. Every year, about 10% to 20% of us get the flu."
	Along with the flu, COVID-19 and RSV are among the most common respiratory illnesses.
	Mayo Clinic's Dr. Robert Jacobson says these viruses share similar symptoms, risks and prevention strategies. His No. 1 tip:
	"Get vaccinated. This is specific protection your body can make to protect you and your loved ones."
	Along with vaccination, he stresses the importance of hand-washing.
	"Especially before you eat, when you come home from work, when you come home from bringing your child from day care — both of you should go to the sink — wash your hands with soap and water after using a bathroom, before serving other people food, after being with a group of people, shaking hands with people, wash your hands."
	And if you get sick, stay home to avoid spreading infection to others.
	For the Mayo Clinic News Network, Jason Howland.