

Keeping Seasonal Illnesses at Bay *(Interview Transcripts)*

Lauren Petoskey, Family Medicine PA, OSF HealthCare

“As long as you have a generally healthy, well-balanced diet, you are going to be getting the majority of all those nutrients you need and all the vitamins and minerals. So overloading your body with it isn’t going to make your illness go away any quicker, or make you not have that exposure to the infection. There has been no research to prove that those are going to reduce any of the symptoms or reduce the risk of spreading germs or getting infected.” (:29)

Lauren Petoskey, Family Medicine PA, OSF HealthCare

“I encourage people to drink a lot of water just for their general health and for keeping the kidney functioning appropriately, and to keep their blood pressure down by eating healthy foods and avoiding high sodium intake. All those things are going to be good for general health.” (:15)

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“I think mask wearing is definitely going to help reduce exposures and spread of all sorts of different infections. Most viral infections are going to be spread through secretions – whether it be sneezing or coughing or wiping your nose – so if you have a mask on, it’s going to provide that barrier.” (:21)

Lauren Petoskey, Family Medicine PA, OSF HealthCare

“Sometimes, it’s just inevitable that you’re going to have the exposure like when you are at the grocery store or going to work – just those things that you normally do. But if you know there is somebody who is sick that will be at a party or an event that you’re going to, try to avoid those situations. And of course, getting vaccinated against the infections that we know are severe will help. So we encourage everyone to get their flu vaccine and keep up to date on their COVID boosters. That way, your body already has that mounted immune response to be able to fight off the infection if you do get exposed to it.” (:32)