

WINTER VIRUSES

David Winter, MD, Baylor Scott & White Health

{**ON CAM**}

SEASONAL VIRUSES ARE HITTING PARTS OF TEXAS PARTICULARLY HARD THIS HOLIDAY SEASON ... AND IT MAY GET WORSE AS PEOPLE SPREAD CHEER AND GERMS.

{**TAKE VO**}

INTERNAL MEDICINE DOCTOR DAVID WINTER SAYS HIS PRACTICE IS MIRRORING THE NATIONAL TREND - LOTS OF PATIENTS SICK WITH FLU VERY EARLY IN THE SEASON.

THE C-D-C REPORTS NEARLY FIVE HUNDRED PEOPLE HAVE ALREADY DIED FROM THE FLU THIS YEAR.

DOCTOR WINTER SAYS AS PEOPLE PLAN TO GET TOGETHER OVER THE NEXT FEW WEEKS ... THOSE WHO AREN'T FEELING WELL NEED TO STAY HOME – AND EVERYONE SHOULD CONSIDER VACCINATIONS.

{**TAKE SOT**}

David Winter, MD

Baylor Scott & White Health

TRT: 21

“The vaccines do their job to prevent serious infections when people take them. The problem is we're not seeing a lot of take-up this time of year. In fact, only 25 percent of adults have gotten a flu shot. Even worse, with COVID, only 14 percent of adults have gotten another COVID vaccine. So the vaccines work, but they don't work if you don't take them.”

{**ON CAM**}

IN ADDITION TO TREATING SYMPTOMS WITH OVER-THE-COUNTER MEDICATIONS, WINTER SAYS INFECTIOUS DISEASE EXPERTS ALSO RECOMMEND SOAKING IN A HOT BATHTUB IF YOU SUSPECT YOU'RE SICK WITH A VIRUS. THAT'S BECAUSE OUR BODIES CAN TOLERATE THE HEAT ... BUT THE VIRUS CANNOT.

