

Staying Safe this Spring (Interview Transcripts)

Sunil Arora, M.D., Emergency Medicine, OSF HealthCare

“As the weather warms up, people will want to get outdoors especially after getting through this COVID winter. Take it easy early on. Let your body adapt. Even the best of athletes need a warm up period.” (:13)

Sunil Arora, M.D., Emergency Medicine, OSF HealthCare

“Common injuries are broken bones – leg, arm, wrists. We see a lot of broken wrists when people fall from anywhere. Head injury is a common one, too. Hopefully everyone is wearing a helmet but if you were not wearing a helmet and get a significant head injury that might be a time to come in.” (:23)

Sunil Arora, M.D., Emergency Medicine, OSF HealthCare

“Especially getting the grill out after winter, where it’s stored all winter long – checking your propane tank, making sure everything is connected properly. And then being careful at that first light. You might turn on the gas and think it will light – but then the gas is building up but it is not lighting for whatever reason and then you have that big flame.” (:21).

Sunil Arora, M.D., Emergency Medicine, OSF HealthCare

“They can also make someone think of COVID symptom, which is perfectly appropriate. You can have a cough, you can have a runny nose – but fever is usually a good differentiator between an infectious versus an allergic cause for those symptoms. But given that we are still in this pandemic and still figuring out how long it will last, it is important for people to keep a lower threshold to get tested for COVID.” (:29)