

COVID-19 and Young People – Interview Transcripts (Zaheer)

Kashif Zaheer, M.D., Medical Group Director, OSF HealthCare

“The recent data has shown that there is increased incidence of COVID infection in young teens and young adults as well as increased hospitalization in the same population. Young kids who have asthma, or cigarette smokers, or who have autoimmune disorders – they are at increased risk for developing significant complications from COVID.” (:22)

Kashif Zaheer, M.D., Medical Group Director, OSF HealthCare

“One of the ways to prevent the spread of the disease is by face masks. It prevents – from your cough, from your sneezes – from spreading the germs. But also when you are having normal conversation and if you don’t wear the face mask, the droplets put you at increased risk for infection. So if you cover with a face mask, you’re protecting yourself as well you’re protecting others from getting the infection.” (:21)

Kashif Zaheer, M.D., Medical Group Director, OSF HealthCare

“Young adults who ignore social distancing will put themselves at risk of getting COVID. Some of the increased risk factors for young adults to get infection are from crowded places, from bars, from ride sharing. When teens and young adults return back to colleges they have to be very careful with their activities in dorms, when they’re sharing bathrooms, in classrooms, in dining halls and meals, as well as in the laundry rooms too.” (:31)