

Mayo Clinic Minute

The Flu Has Arrived

Video	Audio
Vivien Williams	Did you get a flu shot this year?
Pritish Tosh, M.D. Infectious Diseases Mayo Clinic	“It is difficult to predict when the influenza season is going to start.”
Vivien Williams	Mayo Clinic infectious diseases specialist Dr. Pritish Tosh says there’s been a slow and mild start to the flu season, but don’t let that fool you into thinking it’s over.
Pritish Tosh, M.D. Infectious Diseases	“Right now, the influenza epidemic in the United States is still increasing. There are some parts of the United States where it hasn’t really hit its epidemic proportions. So it would be a really good time for someone who has not got their flu shot to get it right now.”
Vivien Williams	By getting a flu shot you can protect yourself and others from contracting the virus, which can cause severe respiratory symptoms including sore throat, coughing, congestion, fever and body aches. Dr. Tosh also says the strain that’s circulating has been here before.
Pritish Tosh, M.D. Infectious Diseases Mayo Clinic	“It is mostly with an H1N1 virus. The same virus that circulated during the 2009 pandemic.”
Vivien Williams	So get your flu shot if you haven’t already.
	I’m Vivien Williams, and for more health news, visit the Mayo Clinic News Network.