

Mayo Clinic Minute

Without FluMist Everyone Needs a Shot

Video	Audio
Vivien Williams	“Good morning. Hi!”
Vivien Williams	Annika Bartucz is getting a flu shot.
Nurse	“I’m going to give you a vaccine today.”
Vivien Williams	She may have preferred a dose of the flu mist, but, this year, the nasal spray form of the vaccine is not available.
Bob Jacobson, M.D. Pediatrics Mayo Clinic	“The vaccine in the past had good study reports showing that it worked better than the injectable, but after the pandemic studies that have come out since have shown that it hasn’t worked as well as the injectable, and, in many cases, failed completely.”
Vivien Williams	Mayo Clinic Dr. Bob Jacobson says some kids are afraid of getting shots, so he and his team offer ways to make the injection less painful. They use distraction, and ...
	(spray noise)
Vivien Williams	... a spray coolant to numb the skin.
Nurse and patient	“It’s cold? Yeah.”
Vivien Williams	Annika thinks the spray helped.
Annika Bartucz	“It just felt like a pinch.”
Vivien Williams	Sure, shots can be scary and painful, but ...
Bob Jacobson, M.D.	“Everyone still needs to get their flu vaccine every year.”
Vivien Williams	To protect you and the people around you

from contracting the flu. For the Mayo
Clinic News Network, I'm Vivien Williams.