

Mayo Clinic Minute

Flu season: Time to get vaccinated

Video	Audio
	“Everybody should be concerned about influenza.”
	Every fall we hear it everywhere we turn, but Mayo Clinic’s Dr. Vandana Bhide says every year there are people who decide they don’t need to get a flu shot.
VANDANA BHIDE, M.D. INTERNAL MEDICINE Mayo Clinic	“The bottom line is, really, anybody over the age of 6 months should be considered for an influenza vaccine.”
	Dr. Bhide says American health officials make educated assumptions about flu season based on how flu season has been in the Southern Hemisphere, where flu season is generally the opposite time of year as ours.
	She says not only has it been a very active flu season in the Southern Hemisphere, but...
	“People who have influenza actually have a more severe version of it. So, their symptoms are worse. There’s a higher risk of complications and a higher risk of death in some cases.”
	Dr. Bhide says this year’s flu vaccine covers the strains that have been particularly bad in the Southern Hemisphere, which is why it’s so important to get your flu shot.
	“Influenza is around all the time, so it’s never too late to get your flu shot.”
	Or too early.
	For the Mayo Clinic News Network, I’m Ian Roth.

