

Mayo Clinic Minute

Why you need your flu shot now

Video	Audio
Vivien Williams VO: People sneezing, suffering	Seasonal flu is a virus that attacks your respiratory system. Most people get better on their own, but, for some, the flu can be serious.
Tina Ardon, M.D. (42:36) Family Medicine Mayo Clinic	“Our younger children and our older adults definitely can get more sick from the flu. Patients who are already sick with other chronic conditions, are undergoing chemotherapy are more likely to have complications.”
Vivien Williams Graphics <ul style="list-style-type: none">• Bronchitis• Pneumonia• Heart problems	Complications include bronchitis, pneumonia and even heart problems.
Tina Ardon, M.D. (43:39) Family Medicine Mayo Clinic	“The vaccine for influenza is one of the best defenses we have.”
Vivien Williams VO: From Dr. Ardon to flu shot	Dr. Tina Ardon says some people don’t get the flu vaccine because they think it could cause the flu.
Tina Ardon, M.D. (43:46)	“The flu vaccine is what we call a dead vaccine.”
Vivien Williams VO: Flu shot and mist	You can’t get the flu from a flu shot. FluMist, while safe for most people, contains a weakened form of the virus, so people with certain conditions should get a shot instead.
Tina Ardon, M.D. (45:44)	“Everyone who can get it should get it.”
Vivien Williams	It takes two weeks for the vaccine to work, so get your flu shot now.
	For the Mayo Clinic News Network, I’m Vivien Williams.

