

Mayo Clinic Minute: Why getting vaccinated for the flu is doubly important this season

Video	Audio
	Getting your annual flu vaccine is especially important this season.
Gregory Poland, M.D. Vaccine Research Group, Dir. Mayo Clinic.	"Where we have COVID-19 spreading, we will very likely have influenza spreading."
	The flu vaccine won't protect against COVID-19, but it can help reduce the chances of getting the flu.
	"The symptoms of COVID-19 and influenza overlap almost exactly in their initial manifestations with the exception of the loss of smell, loss of taste. That would be very unusual with influenza."
	Getting a flu vaccine helps rule out influenza if you develop respiratory issues and helps reduce stress on the health care system.
	"Every American age 6 months and older get a flu vaccine. An opportunity we have in the context of this 'twindemic' is not only to get our flu vaccines, but to remember these nonpharmaceutical interventions — the mask-wearing, physical distancing. While they prevent COVID-19, they also decrease the risk of influenza."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.