

**Mayo Clinic Minute: What to know about this season's flu vaccine**

<b>Video</b>	<b>Audio</b>
<b>Robert Jacobson, M.D. Pediatric and Adolescent Medicine Mayo Clinic</b>	Dr. Robert Jacobson, a Mayo Clinic pediatrician, says this season's influenza vaccine covers four strains of the flu virus.
	The injectable comes in two major types. That is, we have a type that's good for children from 6 months through 64 years of age, and at starting at 65 years of age."
	For those who'd rather avoid the needle, a nasal spray – FluMist – is available this season as an alternative.
	"It is designed for people 2 years through 49 years of age. It provides coverage for all four strains, just as the injectable does."
	However, as Dr. Jacobson explains, the nasal spray is not for everyone.
	"Because it's a live vaccine, we don't take risks with pregnant persons; we don't take risks with the immunocompromised."
	Whether you get the mist or the shot, Dr. Jacobson says he wants to stress the importance of getting vaccinated for the flu this season.
	"Decrease the confusion, protect your loved ones. Protect yourself."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.