

Mayo Clinic Minute: Fighting influenza

Video	Audio
	The authorization of COVID-19 vaccines for kids 5 and above is a sigh of relief for many families who have been eager to protect their children against the virus.
Nipunie Rajapakse, M.D. Pediatric Infectious Diseases Mayo Clinic	"This also helps our kids and families get back to their usual activities, hopefully with less disruption."
	The COVID-19 vaccine, however, doesn't protect against influenza, which can have severe complications for some.
	"We know that young children, the elderly, people with weakened immune systems, people who are pregnant are at higher risk for having severe flu illness."
	While healthy people usually recover within a week or two, those at high risk may develop bronchitis, ear infections and, most serious, pneumonia.
	"We definitely recommend everyone get their flu shot this year. That's going to continue to be one of the most effective ways to prevent transmission and infection with flu."
	Everyone 6 months and older.
	Along with vaccination, Dr. Rajapakse says good hand hygiene, wearing a mask in public spaces and avoiding those who are sick are ways to prevent transmission of flu, RSV - respiratory syncytial virus- and other respiratory viruses.
	For the Mayo Clinic News Network, I'm Joel Streed.