

Mayo Clinic Minute: Why you and your family need a flu shot

Video	Audio
	"We know that our population level immunity to influenza is lower than usual because we've had lower rates during the COVID times."
	Public health measures during the pandemic — wearing masks, washing hands and social distancing — not only helps reduce COVID-19 transmission, but also lowered the spread of the flu.
Nipunie Rajapakse, M.D. Pediatric Infectious Diseases Mayo Clinic	"Since fewer people have had influenza infection and illness, they don't have the antibodies from that experience. And so we're all the more dependent on the antibodies from vaccination to protect us in that situation."
	Dr. Nipunie Rajapakse says getting vaccinated is an important way to build immunity and prevent infection.
	"And so the recommendations still remain that anyone over 6 months of age should get an influenza vaccine this year."
	Especially young children, older adults and those with weakened immune systems who are at higher risk of severe illness due to the flu.
	"People's protection, really, is going to come from vaccination rather than recent infection. And that makes it all the more important to get the vaccine."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.