

Mayo Clinic Minute: What a Mayo Clinic pediatrician says about the flu vaccine and kids

Video	Audio
	Health experts say you should get your flu shot as soon as it's available in your area. This will give your body time to create defenses against the flu.
	"It takes two weeks to get protection against influenza. So, if you're exposed to influenza in that meantime, you may get infection."
	And you also may spread the virus. Mayo Clinic's Dr. Angela Mattke says the vaccine doesn't completely prevent illness.
<p>Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic</p>	"What it does is offer you protection against really serious complications: needing to go to the emergency department, needing to be admitted, going to the ICU or, in some serious situations, death."
	Dr. Mattke says some children 6 months to age 8 may need two flu shots. It's important to work with your healthcare team.
	"But if it's your infant's first year of being eligible for the influenza vaccine, I would anticipate that they get two vaccines separated by four weeks."
	If your child is scared of vaccinations, there is an alternative to the shot for some kids.
	The flu mist is approved for people ages 2 to 49.
	The vaccine, she says, can save lives.
	"In children specifically, the influenza vaccine has been shown to reduce the risk of death by over 75%. And so, for my children, I'm going to do everything I can to try and give them as much protection as possible against the influenza."
	For the Mayo Clinic News Network, I'm Jason Howland.