



A MINUTE OF HEALTH WITH CDC

A Shot in the Dark

Within-Season Estimate of the Effectiveness of Trivalent Inactivated Influenza Vaccine — Marshfield, Wisconsin, 2007–08 Influenza Season
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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

You got your flu vaccine, and now you have the flu. So who do you blame? Your doctor? The shot? Actually, blame that pesky bug that keeps changing its stripes. Unlike other vaccines, the composition of the influenza vaccination changes every year, based on researchers' best guess as to the flu strains most likely to be in circulation the following season. Sometimes, an unexpected strain makes its way past the vaccine and causes an outbreak. Despite this flaw, an annual shot is still the best way to avoid a serious case of the flu. So don't forgo a shot just because it's not perfect. Instead, get vaccinated and improve your odds of a healthy year.

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