



How this year's flu season got so bad

And why you should still get your flu shot

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ODESSA, Texas (Local 2/Fox 24) - To nobody's surprise, we are still in flu season. This year, the virus has hit the whole country pretty hard.

"Mainly like 9 out of 10 say they have the flu shot, and they still test positive for the flu when they come in," says Leonardo Lozano, a registered nurse at Neighbors Emergency Center.

Scientist and doctors have to predict the specific strain of the flu virus for next years vaccine. This time around, doctors say the virus had a big change.

"It's always a guessing game, and some years, like this years strain, is particularly bad," says Dr. Sudip Bose also from Neighbors Emergency Center.

And that strain is what's making everyone from California to Florida head to the hospital.

"I mean we can give the flu shot, but just as the strands change every year, we can never fully predict if the flu shots going to work," says Lozano.

While the shot may not be perfect, that doesn't mean you should just forget about it next year. Doctors say it still helps your body in the long run.

"The ones that had the flue shot, were less sick than the ones who did not receive the shot. So it can be partial coverage and help," says Bose.

Doctors also emphasize the right personal treatment also plays a big hand in this years flu season. Getting enough sleep and drinking water are vitally important.

<http://www.yourbasin.com/news/how-this-years-flu-season-got-so-bad/943166526>