

What to Know About the 2025-26 Flu Season

In the United States, the influenza (flu) season lasts from October through May, with peak flu activity between December and March. The U.S. Centers for Disease Control and Prevention (CDC) estimates that 47 million to 82 million flu illnesses occurred during the 2024-25 season. Data suggested that flu activity was at its highest level in more than 15 years.

What's more, flu season in the Southern Hemisphere often indicates what's to come in the United States. Data revealed higher hospitalizations during the 2025 flu season in the Southern Hemisphere. With the potential for this year's flu season to be severe in the United States, vaccination remains the most effective way to prevent the flu, especially severe disease and hospitalization.

How to Stay Healthy

The flu can cause serious complications for people of any age, but children and older adults are especially vulnerable. Consider these tips to help keep your household healthy this flu season:

- **Get the flu vaccine.** It's the best way to protect yourself from the flu. The CDC recommends that everyone six months and older get vaccinated each year.
- **Keep your distance.** Avoid close contact with people who are sick, and stay home when you're feeling unwell. Since flu, cold and COVID-19 symptoms can overlap, getting tested can help you know what you're dealing with.
- **Wash your hands often.** Use soap and warm water to remove germs. If that's not available, use an alcohol-based hand sanitizer.
- **Cover your coughs and sneezes.** Use a tissue or your elbow, and throw tissues away right after using them.
- **Get enough sleep.** Aim for seven to nine hours of quality rest each night to help your immune system stay strong.
- **Stay active.** Regular exercise can boost your overall health and help your body fight off infections.
- **Eat well and stay hydrated.** A balanced diet with whole grains, lean proteins, fruits, vegetables, and fiber supports your immune system, and drinking enough water keeps your body functioning at its best.

Experts recommend getting vaccinated against the flu by the end of October, so don't delay getting your shot. Contact your doctor today to learn more about vaccines.