



Annual Flu Vaccine Update

The Centers for Disease Control and Prevention (CDC) reported that 147.6 million influenza vaccine doses were distributed during the 2024–25 flu season.¹ Evidence shows flu vaccination significantly reduces the risk of flu-associated hospitalizations and intensive care unit admissions.²

Vaccine Recommendations for the 2025–26 Influenza Season³

- All influenza vaccines available for the 2025–26 season will be trivalent vaccines.
- Annual influenza vaccination is recommended for everyone 6 months and older without contraindications.
- Children younger than 18 years of age, pregnant women and all adults should receive influenza vaccines only in single-dose formulations that are free of thimerosal. Use of multidose seasonal influenza vaccine formulations containing thimerosal as a preservative is no longer recommended.
- Vaccination should ideally be offered during September or October for most people who need only one dose of influenza vaccine for the season. However, vaccination should continue throughout the season for as long as influenza viruses are circulating and unexpired vaccine is available.
- All providers who administer any vaccines must have the personnel, medications and resuscitative equipment needed for rapid recognition and treatment of potential anaphylaxis.

Considerations for Special Populations³

- Children aged 6 months to 8 years who have not previously received at least two doses of flu vaccine, or whose flu vaccination history is unknown, should receive two doses of the 2025–26 influenza vaccine administered at least four weeks apart.
- Adults 65 years and older should preferentially receive one of the following high-dose or adjuvanted influenza vaccines: trivalent high-dose inactivated influenza vaccine (HD-IIV3), trivalent recombinant influenza vaccine (RIV3) or trivalent adjuvanted inactivated influenza vaccine (aIIV3).
- Contraindications for the live attenuated influenza vaccine (LAIV3) include pregnancy, immunocompromised status, cochlear implant or cerebrospinal fluid leak, history of asthma or wheezing in children aged 2–4 years, concomitant aspirin or salicylate use in children and adolescents, and receipt of influenza antiviral medications.

Influenza Vaccine Products for the 2025–2026 Influenza Season^{3*}

Vaccine	Trade name	HA [†] per dose	Age	Route [‡]
Trivalent Inactivated Influenza Vaccine (IIV3)	Afluria	15 mcg/0.5 mL	≥ 3 yrs	IM
	Fluarix	15 mcg/0.5 mL	≥ 6 mos	IM
	FluLaval	15 mcg/0.5 mL	≥ 6 mos	IM
	Fluzone	15 mcg/0.5 mL [§]	≥ 6 mos	IM
Trivalent Cell Culture-Based Inactivated Influenza Vaccine (cIIV3)	Flucelvax	15 mcg/0.5 mL	≥ 6 mos	IM
Trivalent High-Dose Inactivated Influenza Vaccine (HD-IIV3)	Fluzone High-Dose	60 mcg/0.5 mL	≥ 65 yrs	IM
Trivalent Adjuvanted Inactivated Influenza Vaccine (aIIV3)	Fluad	15 mcg/0.5 mL	≥ 65 yrs	IM
Trivalent Recombinant Influenza Vaccine (RIV3)	Flublok	45 mcg/0.5 mL	≥ 9 yrs	IM
Trivalent Live Attenuated Influenza Vaccine (LAIV3)	FluMist	10 ^{6.5-7.5} FFU/0.2 mL [¶] (0.1 mL/nostril)	2–49 yrs	NAS

*All influenza products listed are single-dose formulations presented in prefilled syringes; [†]HA: hemagglutinin; [‡]IM: intramuscular, NAS: intranasal; [§]Fluzone Trivalent is approved for ages 6–35 months at either 0.25 mL or 0.5 mL per dose, however, 0.25 mL prefilled syringes are no longer available; [¶]FFU: fluorescent focus units

References

1. Centers for Disease Control and Prevention. FluVaxView: Influenza Vaccine Doses Distributed. Reviewed on March 26, 2025, Available at <https://cdc.gov/fluview/dashboard/vaccine-doses-distributed.html>. Accessed September 2, 2025.
2. Centers for Disease Control and Prevention. Flu Vaccines Work: Benefits of the Flu Vaccine. Reviewed on August 14, 2024. Available at https://cdc.gov/flu-vaccines-work/benefits/?CDC_AAref_Val=https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm. Accessed September 2, 2025.
3. Grohskopf LA, Blanton LH, Ferdinands JM, Reed C, Dugan VG, Daskalakis DC. Prevention and Control of Seasonal Influenza with Vaccines: Recommendations of the Advisory Committee on Immunization Practices — United States, 2025–26 Influenza Season. MMWR Morb Mortal Wkly Rep 2025;74:500–507. DOI: <http://dx.doi.org/10.15585/mmwr.mm7432a2>.