



FACT SHEET

2025-2026 FLU SEASON

February 3, 2026

The Massachusetts Department of Public Health is reporting high levels of influenza-like illness activity, with 187 deaths statewide, including six pediatric deaths to date. Laboratory data indicate that Influenza A is the primary strain currently circulating.

What is Influenza A?

Influenza A is a strain of the flu virus that can cause more severe symptoms and spreads more easily than Influenza B. The World Health Organization has detected a new flu strain, known as Subclade K, which may be contributing to the increased influenza activity observed this season.

Who is at risk?

While anyone can get the flu, some people are at higher risk of developing serious flu-related complications. This includes adults aged 65 years and older, people of any age with certain chronic medical conditions, pregnant women, and children younger than 5 years, especially those under 2 years old.

Tips From Your Local Board of Health (LBOH)



Get vaccinated - It's not too late to protect yourself and others



Pick up a free Flu/COVID-19 test kit at your LBOH



Make sure to wash your hands for 20 seconds with soap and water