

Flu Vaccine Recommendations

2025-2026 flu vaccines are trivalent and protect against an H1N1, H3N2 and a B/Victoria lineage virus. For this season, the influenza A (H3N2) component has been updated, while the influenza A (H1N1) and influenza B Victoria lineage components are unchanged.

The American Academy of Pediatrics (AAP)

The AAP flu vaccine recommendations are as follows:

- Everyone 6 months and older get vaccinated.
- Any licensed influenza vaccine appropriate by age and health status can be used.
- No one product is preferred over another for children and adolescents with no contraindications.

The Advisory Committee on Immunization Practices (ACIP) 2025-26 Guidance

- ✓ **ACIP voted to remove all influenza vaccine formulations that contain thimerosal as a preservative.*** This only impacts formulations that are in a multi-dose vial.

Reminder: People with egg-allergy may receive any flu vaccine (egg-based or non-egg based) that is otherwise appropriate for their age and health status.

*Thimerosal has been well-studied and there is no evidence that thimerosal causes neurological problems or autism.

Clinical Resources

AAP

- [AAP Recommendations for Prevention and Control of Influenza in Children, 2025–2026: Policy Statement](#)
- [Influenza Pre-booking](#)
- [Preparing for the 2025-26 Influenza Season](#)
- [Flu Promotion Toolkit](#)

CDC

- [MMWR](#), Prevention and Control of Seasonal Influenza with Vaccines: Recommendations of the Advisory Committee on Immunization Practices — United States, 2025-26 Influenza Season
- [CDC's 2025-2026 flu recommendations](#)

Immunize.org

- [Standing Orders \(flu vaccine\) for teens and children](#)
- [Screening Checklist for Contraindication to Inactivated Injectable Influenza Vaccination](#)
- [Screening Checklist for Contraindications to Live Attenuated Intranasal Influenza Vaccination](#)