



Flu vaccination 2025/2026

The flu is anything but a trivial illness. Seasonal waves of influenza cause between one and seven million additional consultations with doctors in Germany every year, and significantly more in years with strong flu epidemics. Although the flu vaccination does not always prevent infection, it is the most effective form of protection, especially against complications.

Updates are always carried out on the basis of scientific findings:

- After the WHO had already recommended switching from quadrivalent to trivalent influenza vaccines in 2023, the STIKO followed suit in August 2024 (see Epidemiological Bulletin 31/2024).
- Since October 2024, the STIKO has recommended that all people aged 60 and over receive an MF-59 adjuvanted influenza vaccine in addition to the high-dose influenza vaccine, in each case with the current antigen combination recommended by the WHO.

The WHO announces the composition for the northern hemisphere every year in February/March. The vaccine for the southern hemisphere will be finalised in September.

The influenza vaccine for the northern hemisphere for the 2025/2026 season is composed of the antigens of globally circulating variants of the following viruses in accordance with WHO recommendations:

For egg-based vaccines

- A/Victoria/4897/2022 (H1N1)pdm09-like
- A/Croatia/10136RV/2023 (H3N2)-like
- B/Austria/1359417/2021 (B/Victoria lineage)-like

Cell culture-based or recombinant vaccines

- A/Wisconsin/67/2022 (H1N1)pdm09-like
- A/District of Columbia/27/2023 (H3N2)-like
- B/Austria/1359417/2021 (B/Victoria lineage)-like

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STIKO RECOMMENDATIONS

The **vaccine** is recommended for, among others,

- All pregnant women from the second trimester, in the case of increased health risks due to an underlying disease from the first trimester and
- Persons with an increased health risk due to an underlying disease.

The Standing Committee on Vaccination (STIKO) recommends the annual influenza vaccination for the following **occupational** groups (Epidemiological Bulletin 4/2025):

- Persons at increased risk, e.g. medical personnel
- Persons in facilities with extensive public traffic as well as persons who could act as a possible source of infection for persons at risk who are in their care
- Persons at increased risk due to direct contact with poultry and wild birds.

The **standard vaccination** is recommended for people aged 60 and over.

For people aged 60 and over, the **STIKO** recommends inactivated high-dose or MF-59 adjuvanted influenza vaccines with the current antigen combination recommended by the WHO.

If employees over 60 opt for the high-dose vaccine, they should contact their general practitioner.

Answers to frequently asked questions (FAQ) about the flu vaccination can be found at www.rki.de

Further information of note:

- Fact sheet on contraindications at www.rki.de
- Fact sheet on influenza at www.rki.de