2025–2026 Respiratory Virus Season Update- Protecting Our Community Through Prevention

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Why does this matter?

1. Respiratory viruses remain a top cause of hospitalization and death

2. Vaccination and other prevention actions keep us working, learning, and playing

3. COVID-19, Influenza, and RSV continue to circulate

What to Expect This Season

1. **COVID-19:** Potential winter surge, variant-dependent
2. **Influenza:** Unpredictable-last season was severe
3. **RSV:** Lower burden expected due to new immunizations

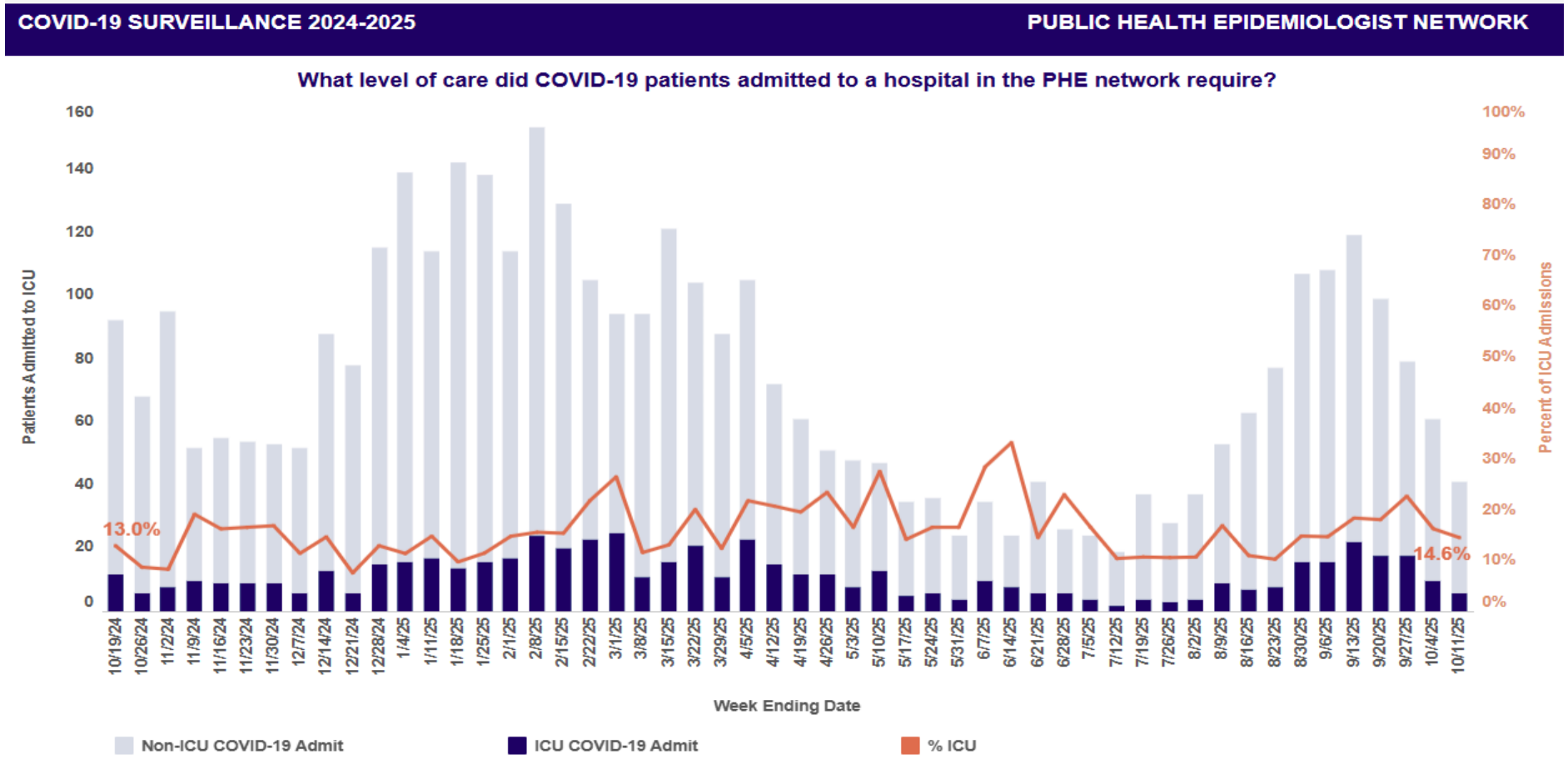
COVID-19 Outlook

Updated vaccine targets current circulating variants

Vaccination helps lower risk of hospitalization and death.

Can peak at the same time with Influenza and or RSV.

Level of Care needed for COVID-19 patients admitted to a hospital



Patients who are admitted to the ICU for COVID-19 may require a ventilator to assist them in breathing.

Influenza Outlook

Last season-NC reported 544 flu-related deaths, the highest number reported since the 2009 H1N1 pandemic.

During the 2024-2025 flu season, 19 Buncombe County residents, including one child, died from a flu-associated illness.

Vaccination is critical to prevent hospitalizations and death.

Flu Season is Oct- May

Percent of ED Visits for Influenza-like illness over the last three seasons



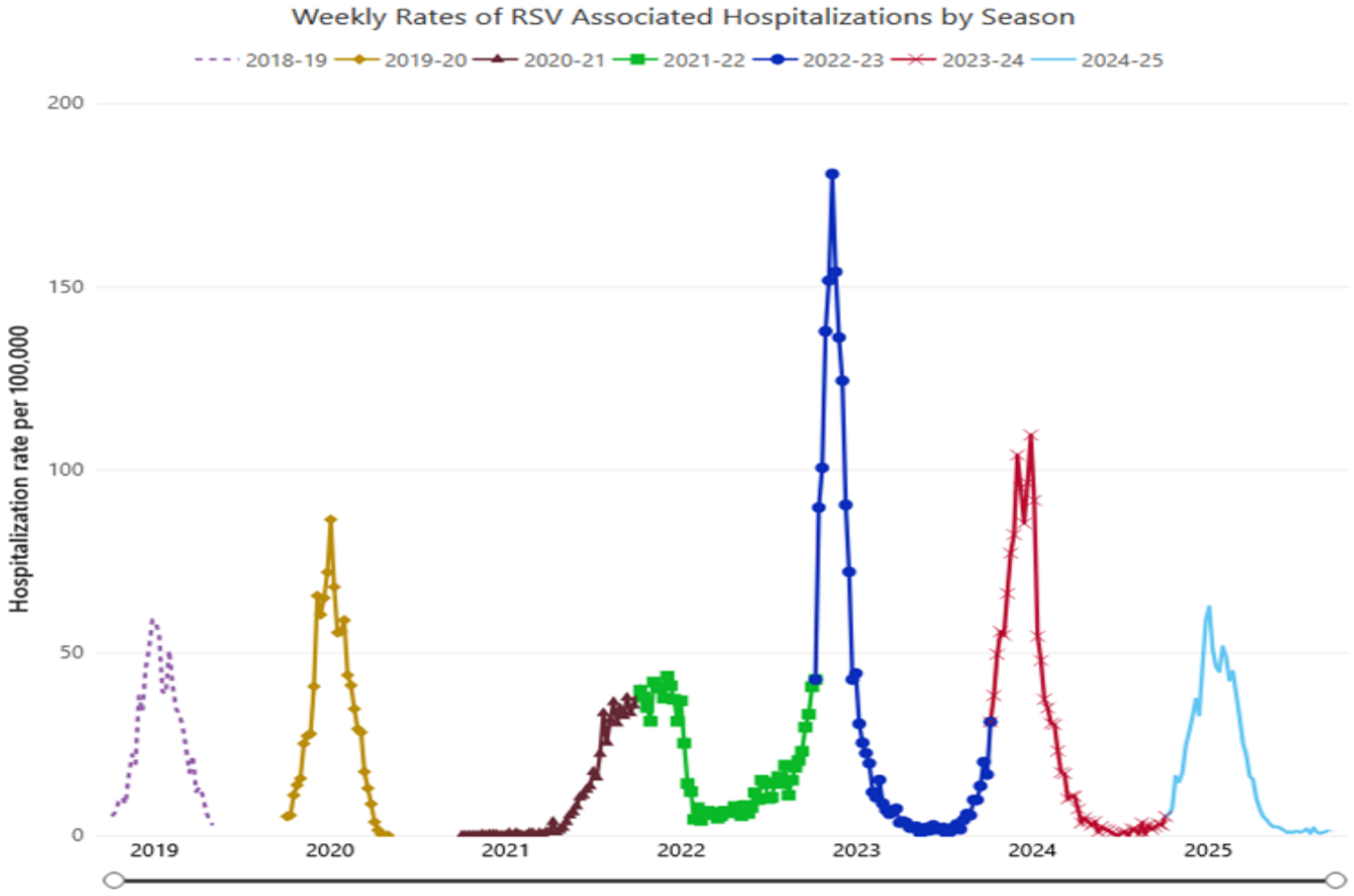
RSV Outlook

New vaccines for adults 60+ and pregnant individuals

Monoclonal antibody for infants and high-risk toddlers

Expected to reduce pediatric hospitalizations

Weekly rate of RSV hospitalizations



2025 Vaccine Recommendations

Age/Condition	COVID-19	Influenza	RSV
Children 	• All 6-23 months • All 2-18 years with risk factors or never vaccinated against COVID-19 • All who are in close contact with others with risk factors[1] • All who choose protection[1]	• All 6 months and older	• All younger than 8 months[2] • All 8-19 months with risk factors
Pregnancy 	• All who are planning pregnancy, pregnant, postpartum or lactating	• All who are planning pregnancy, pregnant, postpartum or lactating	• 32-36 weeks gestational age[3]
Adults 	• All 65 years and older • All younger than 65 years with risk factors • All who are in close contact with others with risk factors • All who choose protection	• All	• All 75 years and older • All 50-74 years with risk factors

How can residents protect themselves?

1. Stay home if you are sick. Wash your hands and cover your cough.

2. Talk with your medical provider, pharmacist or nurse.

3. Get Vaccinated.

Where can I get vaccinated?

1. Pharmacies
2. Community Medical Providers
3. Buncombe County Immunization Clinic (40 Coxe Ave.)

Questions?