



## Sickness Spreading

March 31, 2026

Chances are, you already know that this has been (and still is) an awful season for the flu. Last year's (2024-25) flu season was the worst in almost two decades, and this year is on track to be even worse. The earliest cases were reported a week earlier than last year and already roughly 250,000 people have been hospitalized. An estimated 10,000 deaths have been attributed to various flu strains during this cycle.

The most prevalent flu version this year, known to doctors as Influenza A (H3N2) subclade K, accounts for more than 90% of the season's cases. Unfortunately, this is not one of the viruses that was included in the flu shots that many people receive each year, although there is some evidence that the shots have lessened the chances of getting a severe case of the disease.

One of the biggest differences this year vs. years past is the advent of antiviral medications like Tamiflu, Xofluza, Rapivab and Relenza. Any of these can shorten the duration of the illness, reduce the severity of the symptoms, and reduce the patient's ability to spread the disease to others.

And of course, we still have some training from the Covid pandemic: frequent washing of hands, covering mouths when coughing or sneezing, and wearing a mask whenever we're going to be in crowds or situations where people are likely to be sick. Those are inconveniences, but nothing like the inconvenience of days or weeks of high fever, chills, nasal congestion and feeling like you were run over by truck-levels of fatigue.

### Sources:

<https://www.aamc.org/news/10-things-know-about-year-s-surprisingly-fierce-flu-season>

If you have any questions about this article or want to discuss your family finances, investment portfolio, or financial planning advice, please call on me anytime at my number [\(215\) 325-1595](tel:2153251595) or you can [click here to schedule a meeting](#).

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