

Flu season arrives early

By Megan Molteni, Wired

If you've been putting off your flu shot until the season really gets going, wait no longer. It's already here—and it's looking like it's going to be a doozy.

Influenza viruses quietly circulate year-round in the US, but every winter they go big, triggering a seasonal epidemic of sniffles, sweats, and sore throats. And this year it's come earlier than usual, just in time for a potential peak over the holidays.

Normally, infections start to increase around the beginning of January, peak in February, and then come down by the end of March. But according to data released by the Centers for Disease Control and Prevention on Friday, the flu is already widespread in 12 states, including California and New York.

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