

Weekly Influenza Activity Report 2025-2026

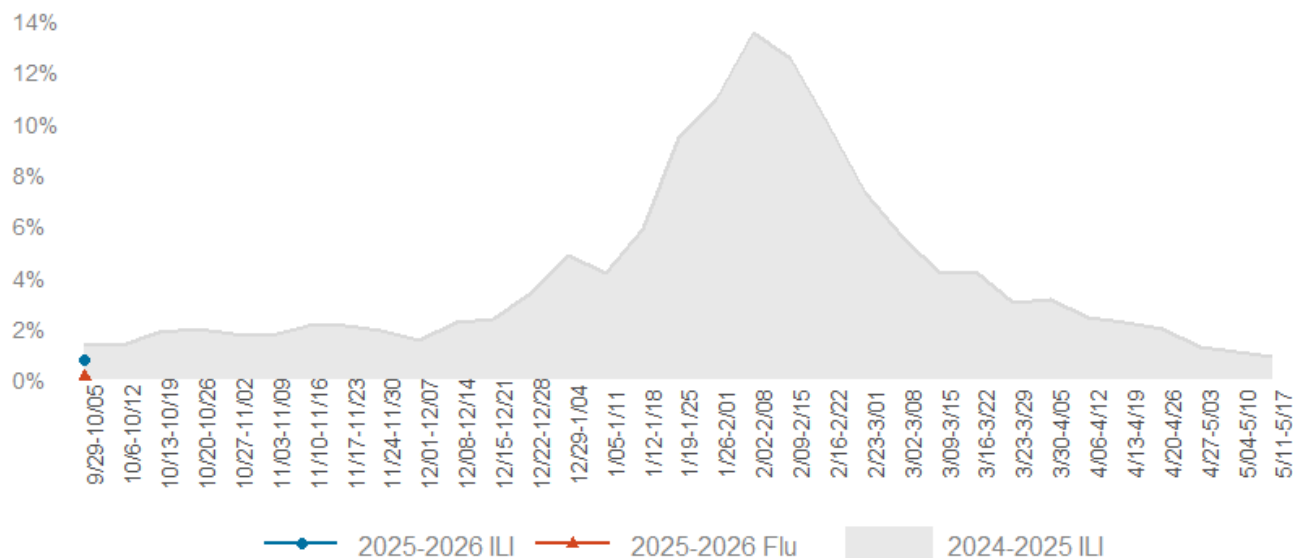
October 2025

Timeframe: 09/28/2025 - 10/04/2025

- This is the start of the 2025-2026 flu surveillance season.
- The Influenza-like Illness (ILI) activity level is **minimal** in Vermont. For a description of national influenza activity levels, please [visit CDC's page](#).
- COVID-19 and other respiratory illnesses are also being spread during this flu season. Vaccination and respiratory illness prevention strategies are recommended. Visit healthvermont.gov/StayHealthy for respiratory virus prevention and treatment information.
- Visit CDC's [Respiratory Illnesses Data Channel](#) for a summary of national key respiratory illness findings including data stories for activity levels, illness severity, and more. Updates to this page are expected to resume when the federal government reopens.

Syndromic Surveillance

% of Vermont Emergency Room and Urgent Care Visits Due to Influenza-like Illness (ILI) or Diagnosed Influenza (Flu)



During week 40, fewer than 1% of Vermont emergency room and urgent care visits were due to diagnosed influenza (red). Fewer than 1% of Vermont emergency room and urgent care



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10.10.2025

visits were due to ILI (blue), a lower percentage compared to the percentage of ILI visits in the previous surveillance season (grey).

Illness Definitions

Influenza-like Illness (ILI): determined using the patient's chief complaint and/or discharge diagnosis. ILI is the presence of a fever equal to or exceeding 100 °F with the addition of cough or sore throat. As of 2021, the ILI definition no longer excludes patients with another diagnosed non-influenza illness.

Influenza (Flu): determined by the patient's chief complaint of a fever with the addition of cough or sore throat and a discharge diagnosis of influenza.

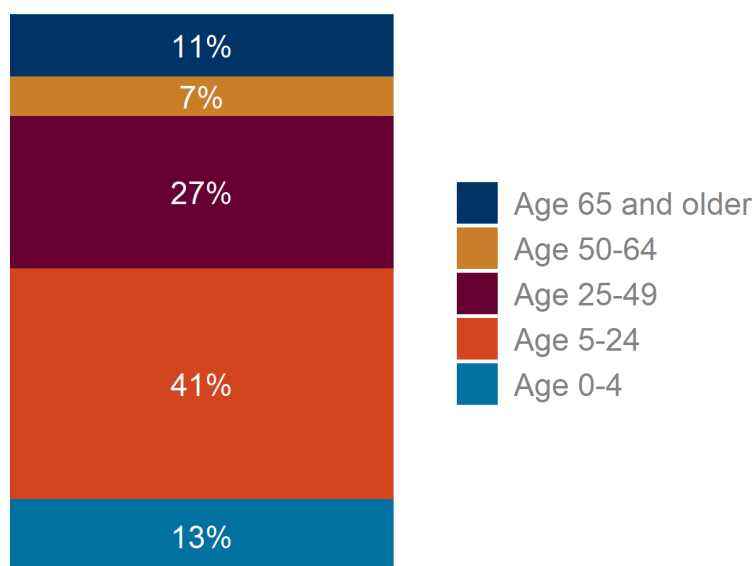
ILINet Sentinel Provider Data

This surveillance data is based upon reports submitted by ILINet, a nationwide group of medical offices that act as influenza sentinels. Sentinel providers report the number of patients with an influenza-like illness (ILI) seen by their practices each week.

Age Distribution of Patients with an Influenza-like Illness

1.09% of visits were due to influenza-like illness (ILI) among Vermont ILINet providers reporting this week.

ILI visits may not be related to diagnosed influenza illness but do involve symptoms of fever and cough or sore throat.



Laboratory Data

The **National Respiratory and Enteric Virus Surveillance System (NREVSS)** collects data on the number of PCR flu tests performed by participating Vermont labs and how many were positive. This helps determine flu activity in the community.

0% of flu PCR tests run this week were positive. The total influenza PCR tests submitted to NREVSS this week were comparable to week 40 in past seasons.

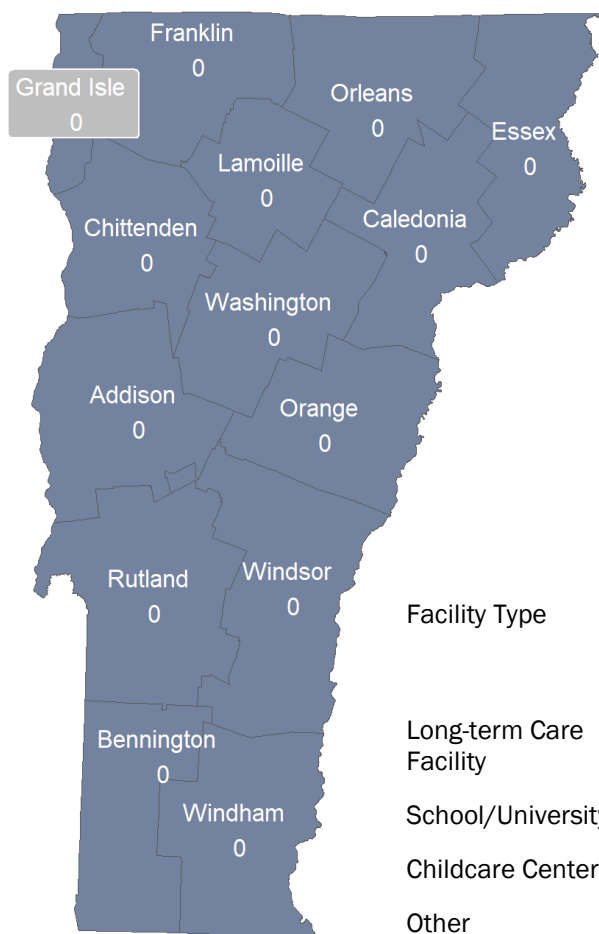
The **Health Department Lab** performs surveillance subtype testing to determine the type of flu, for example H3, H1N1, etc. This information helps determine the circulating virus strains, not the spread of flu virus. These results are reported by subtype testing date. No specimens were submitted and positive for influenza for week 40.

Type and Subtype	This week: 09/28/2025- 10/04/2025	Season so far: 09/28/2025- 10/04/2025
Flu A H1pdm09	0	NA
Flu A H1pdm09/Flu A H3 co-infection	0	NA
Flu A H3	0	NA
Flu B Victoria	0	NA

Reported Outbreaks

Institutional outbreaks of flu or influenza-like illness (excluding respiratory illnesses not caused by influenza viruses, e.g., COVID-19) are reportable to the Health Department.

Number of Influenza-like Illness and Influenza Lab Confirmed Outbreaks, 09/28/2025-10/04/2025



Facility Type	# Outbreaks Reported 09/28/2025- 10/04/2025	Full Season 09/28/2025- 10/04/2025
Long-term Care Facility	0	0
School/University	0	0
Childcare Center	0	0
Other	0	0

For more information: AHS.VDHEpiFluSurv@vermont.gov