

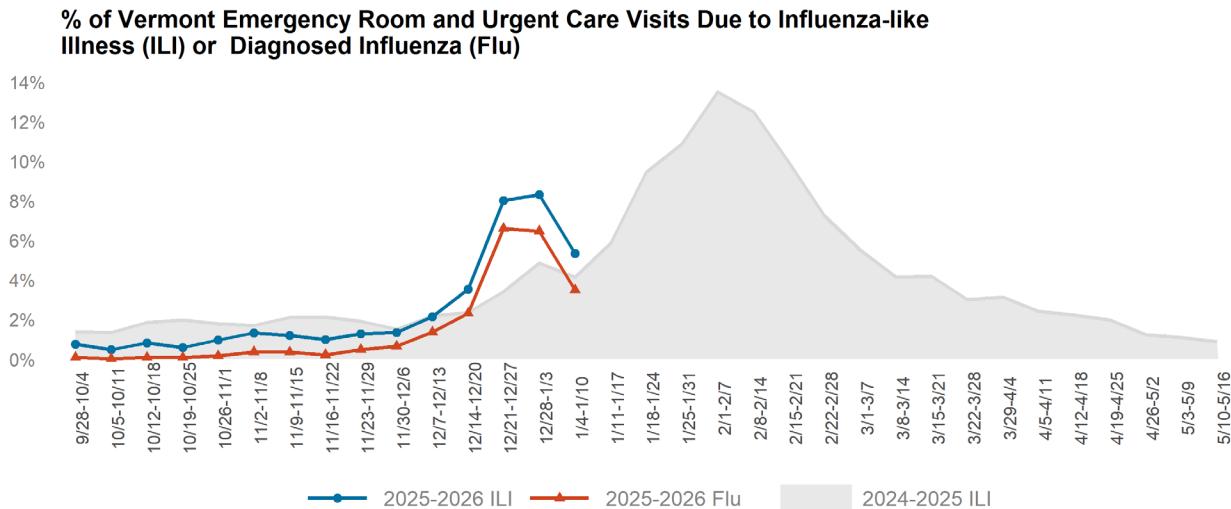
Weekly Influenza Activity Report

2025-2026 Flu Season

Timeframe: 01/04/2026 - 01/10/2026

- The Influenza-like Illness (ILI) activity level is **low** in Vermont. For a description of national influenza activity levels, please [visit CDC's page](#).
- This week, fewer people sought health care for flu-like symptoms and those who were tested were less likely to have flu compared to last week's report. We also know from our wastewater sites and outbreak reporting that influenza and ILI are still contributing to substantial community spread of illnesses. However, it's possible those illnesses were not severe enough to result in health care visits.
- Visit the [Vermont Respiratory Illness Activity Page](#) to review data on COVID-19 and influenza wastewater activity monitoring.
- COVID-19 and other respiratory illnesses are also being spread during this flu season. Visit [healthvermont.gov/StayHealthy](#) for respiratory virus prevention and treatment information.
- Visit CDC's [Respiratory Illnesses Data Channel](#) for a U.S. respiratory illness summary.

Syndromic Surveillance



During week 1, about 3.49% of Vermont emergency room and urgent care visits were due to diagnosed influenza (red). Approximately 5.4% of Vermont emergency room and urgent care visits were due to ILI (blue), a higher percentage compared to the percentage of ILI visits in the previous surveillance season (grey).



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 **VERMONT**
DEPARTMENT OF HEALTH
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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.

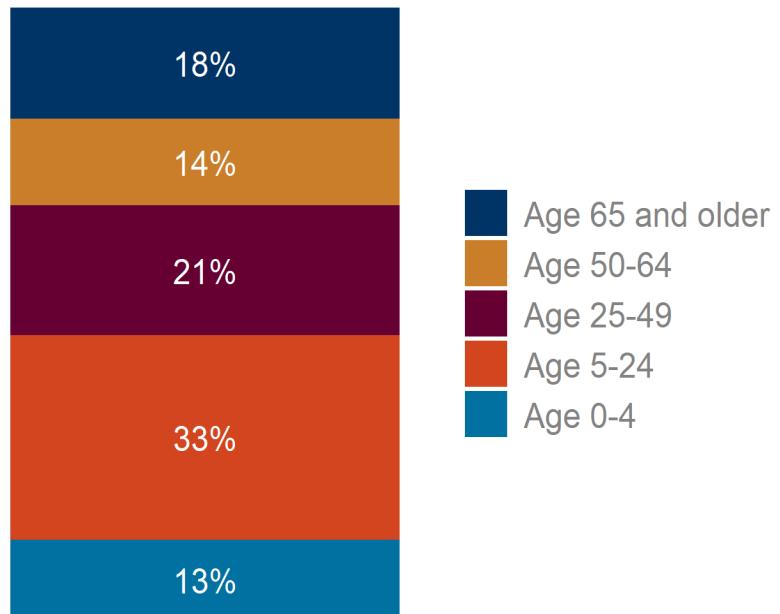
ILINet Sentinel Provider Data

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

2.08% of visits were due to influenza-like illness (ILI) among Vermont ILINet providers reporting this week compared to 2.71% the previous 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.

17.93% of flu PCR tests run this week were positive compared to 21.87% the previous week. Of the total tests this week, about 17.7% were flu A positive and less than 1% were flu B positive. During the 2025-26 season, about 11% of flu PCR tests reported through NREVSS have been positive.

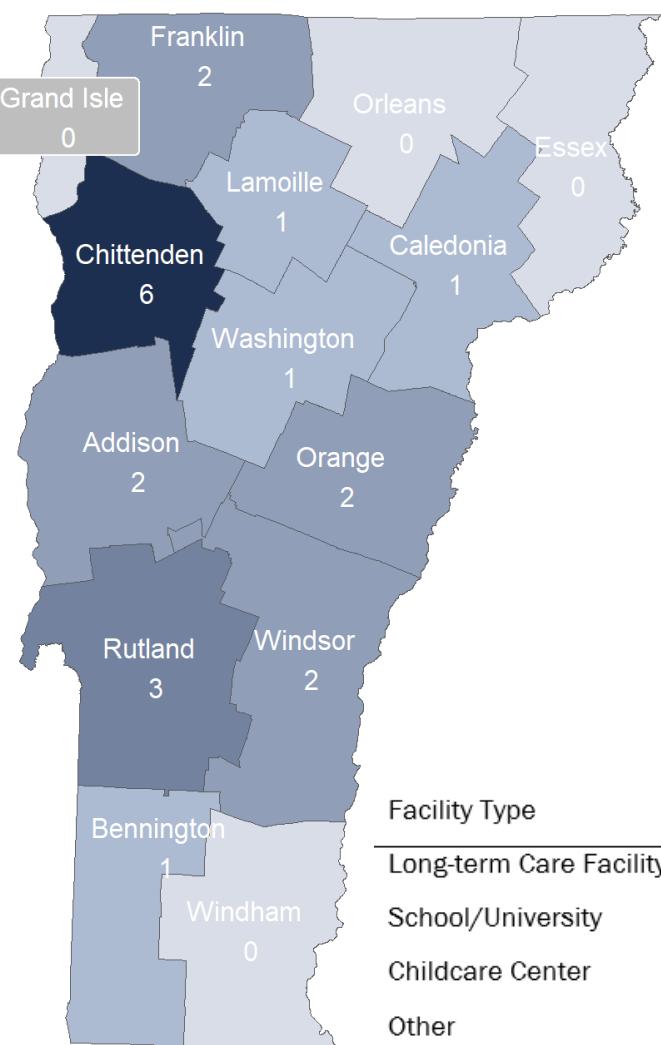
The Health Department Lab performs surveillance subtype testing to determine the type of flu, for example H3, H1N1, etc. This information helps determine the circulating virus strains, not the spread of flu virus. These results are reported by subtype testing date.

Type and Subtype	This week: 01/04/2026-01/10/2026	Season so far: 09/28/2025-01/10/2026
Flu A H1pdm09	0	22
Flu A H1pdm09/Flu A H3 co-infection	0	0
Flu A H3	73	186
Flu B Victoria	0	1

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, 09/28/2025-01/10/2026



Facility Type	# Outbreaks Reported 01/04/2026- 01/10/2026	Full Season 09/28/2025- 01/10/2026
Long-term Care Facility	6	14
School/University	2	5
Childcare Center	1	1
Other	2	3

For more information: AHS.VDHEpiFluSurv@vermont.gov