



# Michigan Flu Focus

Weekly Influenza Surveillance Report

April 10, 2026

Vol. 23; No. 27

Week Ending April 4, 2026 | WEEK 13

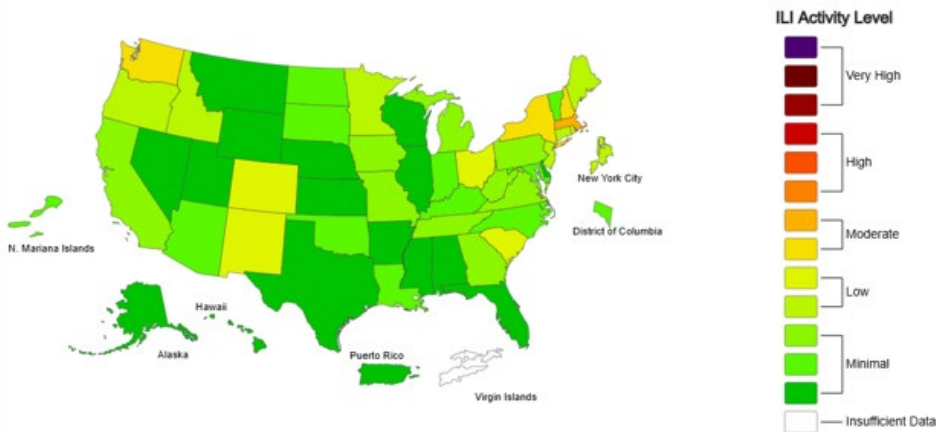
Editor: Sue Kim, MPH

*Data provided in this report are preliminary and will be updated as additional data are received*

### Outpatient Respiratory Illness Activity Map Determined by Data Reported to ILINet

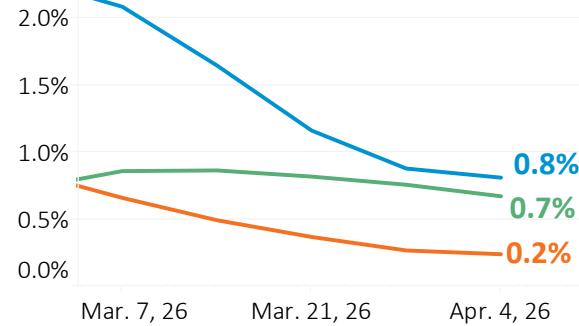
This system monitors visits for respiratory illness that includes fever plus a cough or sore throat, also referred to as ILI, not laboratory confirmed influenza and may capture patient visits due to other respiratory pathogens that cause similar symptoms.

2025-26 Influenza Season Week 13 ending Apr 04, 2026



Source: [CDC FluView](#) | [MDHHS Respiratory Disease Reports](#)

### Percent of Emergency Department Visits Associated with COVID-19, Influenza, and RSV



For the 2025-2026 respiratory season:

<b>27.0%</b> of Michiganders have received an <b>influenza</b> vaccine	<b>9.5%</b> of Michiganders have received a <b>COVID-19</b> vaccine
<b>35.1%</b> of Michiganders 0-7 months old have received an <b>RSV</b> antibody	<b>44.9%</b> of Michiganders +75 years old have received an <b>RSV</b> vaccine

## Influenza-associated Pediatric Mortality

Regional-level data on pediatric flu deaths of Michigan residents will be shared in the Michigan Flu Focus. Information on age group, sex, vaccination status or more specific geography will not be shared in order to protect the privacy of the children and their families.

As of **April 4<sup>th</sup>**, a total of **139** influenza-associated pediatric deaths have been reported in the U.S. during the 2025-26 flu season—**85%** among children who were not fully vaccinated against influenza.

*Michigan Pediatric Flu Deaths by Region, 2025-2026*

Region	C	N	SE	SW	Total
	2	1	2	1	6

## Updates of Interest

The Michigan Department of Health and Human Services (MDHHS) has confirmed one additional influenza-associated pediatric death in Michigan for the 2025-2026 season. The reported death involves a child from the Southwest Region and occurred during Week 53. This brings the current confirmed total to six Michigan pediatric influenza-associated deaths for the 2025-2026 season.

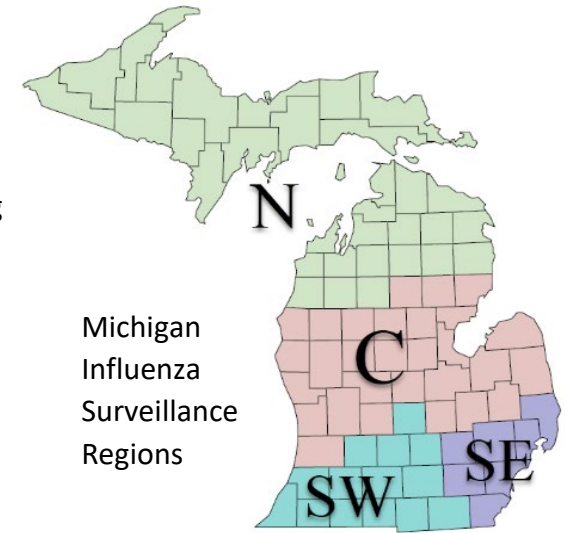
## U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet)

Michigan participates in ILINet, a collaborative effort between the CDC, state, local health departments and volunteer sentinel clinicians as part of Michigan's influenza surveillance. ILINet provides data on the total number of outpatient visits to health care providers seen for any reason and the number of those patients with influenza-like illness (ILI<sup>†</sup>). ILINet data is collected from a range of healthcare settings, including family medicine, internal medicine and student health clinics. It also incorporates syndromic surveillance data submitted by urgent care and emergency departments through the Electronic Surveillance System for the Early Notification of Community-based Epidemics (ESSENCE).

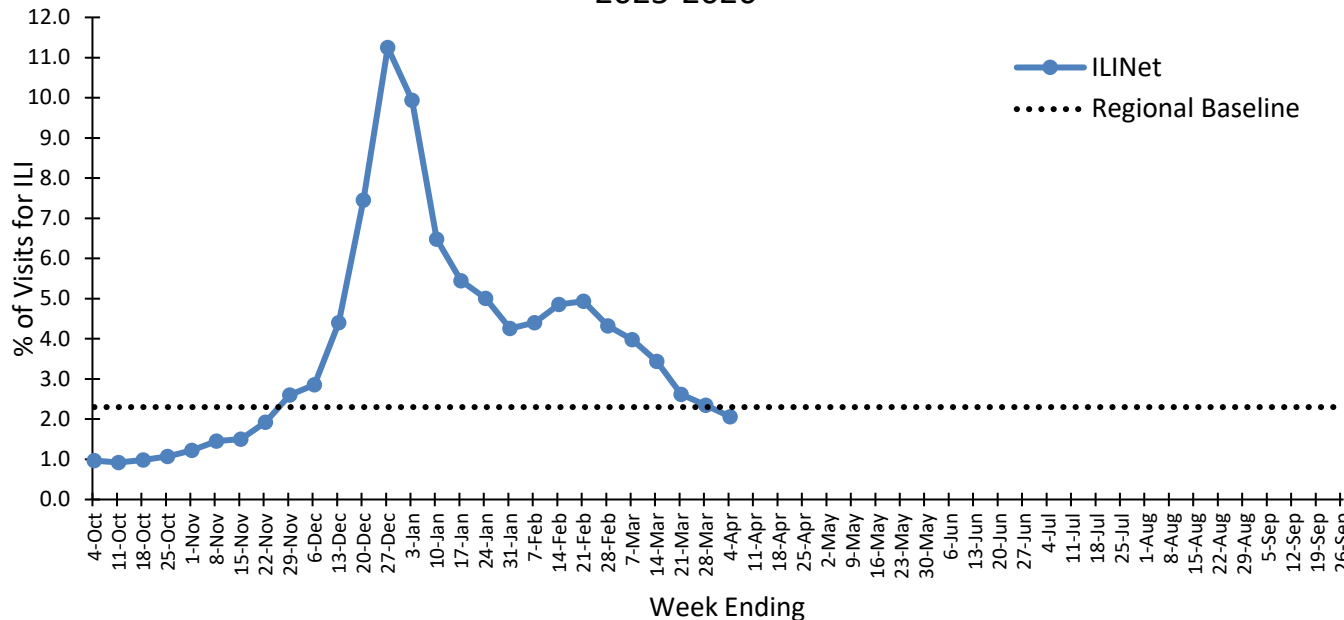
<sup>†</sup>ILI is defined as fever (>100°F) and a cough and/or a sore throat.

### # of Reports and ILI % by Region During this Time Period

	C	N	SE	SW
# of Reporters (256)	76	31	114	35
ILI %	2.5	3.1	1.8	1.3



Percentage of Visits for ILI in Michigan Reported by ILINet, 2025-2026



Note: ILINet monitors visits for ILI (fever and cough and/or sore throat) and may capture patient visits due to other respiratory pathogens that cause similar symptoms.

**Michigan ILI Activity: 2.1%** ↓

(Last week: 2.3%)

Regional Baseline: 2.3%

A total of **2,119** patient visits due to ILI were reported out of **102,936** outpatient visits.

### National Surveillance

In the United States, **2.4%** of outpatient visits were due to ILI. This is **below** the national baseline of 3.1%.

**Become an ILINET provider!**

Contact Arianna Eaton at

[eatona4@michigan.gov](mailto:eatona4@michigan.gov)

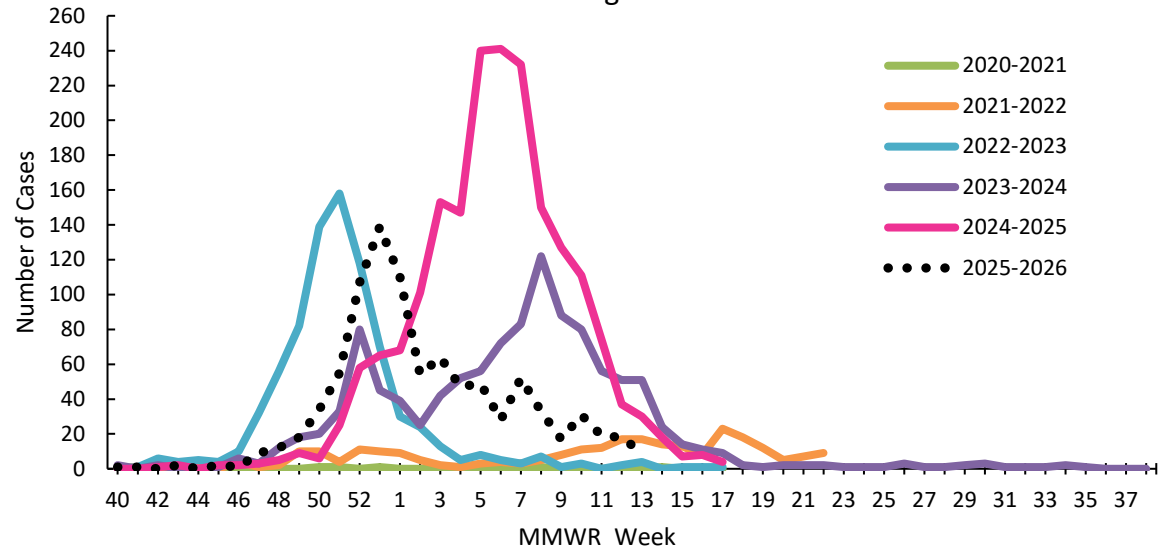
## Influenza Hospitalization Surveillance Network (FluSurv-NET)

The CDC's Influenza Hospitalization Surveillance Network (FluSurv-NET) provides population-based rates of laboratory-confirmed influenza-associated hospitalizations beginning October 1<sup>st</sup> of each year. Michigan participates for Clinton, Eaton, Genesee, Ingham, Livingston and Washtenaw Counties.

### # of MI FluSurv-NET Cases Reported During this Time Period

	Pediatric	Adult	Total
Cases (Change from Previous Week)	1 (-1)	8 (-8)	9 (-9)
Cumulative Cases	125	787	912

MI FluSurv-NET Cases by Season, 2020-2021 Through 2025-2026



## Michigan Influenza Hospital Admissions

Starting October 2024, acute care hospitals and critical access hospitals (representing 90% of the state) began reporting confirmed influenza cases among admitted patients.

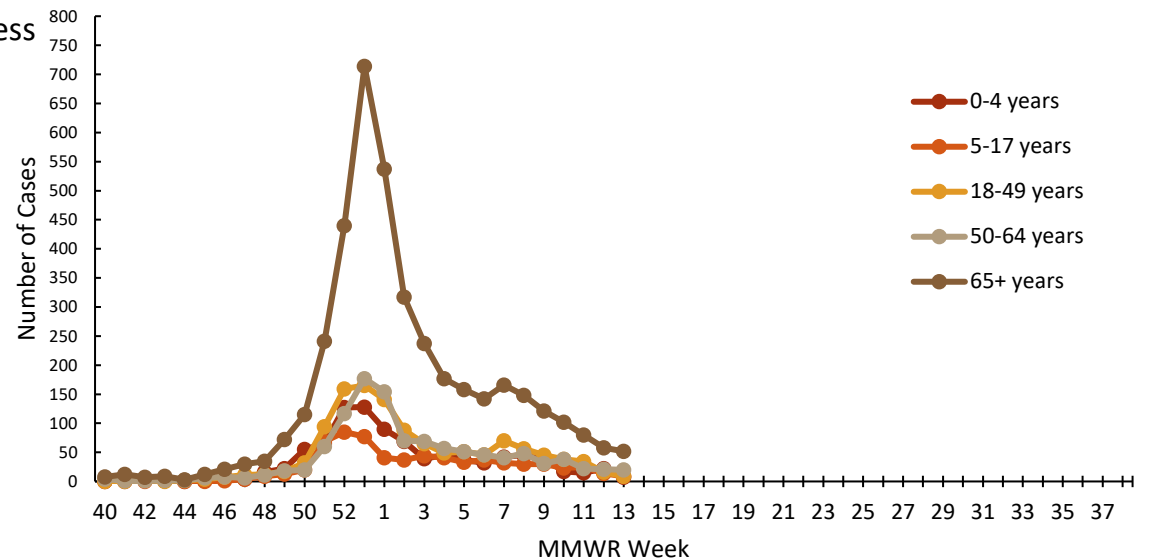
### # of Influenza Hospital Admissions Reported During this Time Period

Region	C	N	SE	SW	Total
Hospitalizations	33	2	57	5	97

### # of Influenza Hospital Admissions by Region

Age Group	C	N	SE	SW	Total
0-4 years	117	13	754	50	934
5-17 years	90	7	490	89	676
18-49 years	284	60	686	183	1213
50-64 years	305	66	569	161	1101
65+ years	1210	253	1977	574	4014
<b>Total</b>	<b>2006</b>	<b>399</b>	<b>4476</b>	<b>1057</b>	<b>7938</b>

Michigan Influenza Hospital Admissions by Week, 2025-2026



If you have any questions about this data, please contact

[MDHHS-CHECC-EMResource@michigan.gov](mailto:MDHHS-CHECC-EMResource@michigan.gov)

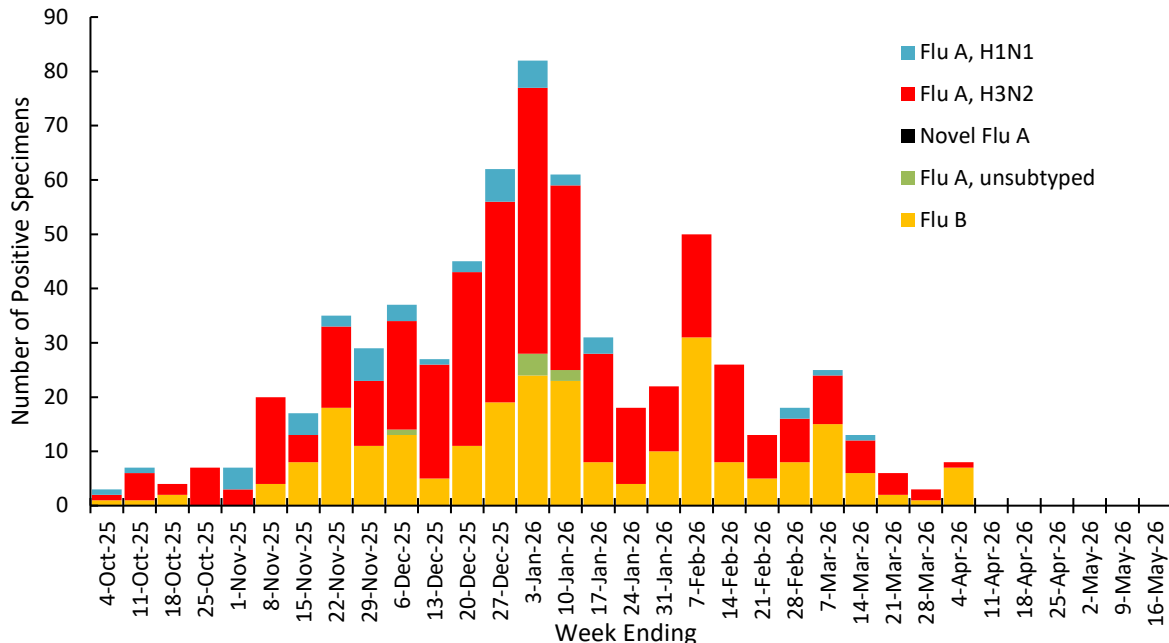
## MDHHS Bureau of Laboratories (BOL) Virology Laboratory Data

There were **8** (3C, 0N, 0SE, 5SW) positive influenza results reported by the MDHHS Bureau of Laboratories (BOL) during this time period. Positive flu results for the 2025-2026 season are summarized below.

### # of Positive Influenza Virus Results by Region

	C	N	SE	SW	Total
Flu A H1N1	10	1	18	15	<b>44</b>
Flu A H3N2	135	18	124	103	<b>380</b>
Novel flu A*	0	0	0	0	<b>0</b>
Flu A unsubtype	1	1	1	4	<b>7</b>
Flu B**	52	2	124	67	<b>245</b>
<b>Total</b>	<b>198</b>	<b>22</b>	<b>267</b>	<b>189</b>	<b>676</b>

### Influenza Positive Test Results, 2025-2026



Note: results are based on specimen collection date

\*Novel influenza A results include: H5, H1N1v, H1N2v, H7N2v, H1v, H3v

\*\*Flu B specimens will no longer be genotyped at MDHHS BOL but will continue being sent to CDC for surveillance.

## Michigan Sentinel Clinical Lab Network Respiratory Virus Data

Ten (10) sentinel clinical labs (4C, 0N, 1SE, 5SW) reported during this time period.

### Central Region

Influenza A:	Low - elevated ↓	↑ = Increase from previous week
Influenza B:	Slightly elevated ↓	
SARS-CoV-2:	Low ↑	↓ = Decrease from previous week
Parainfluenza:	Low ↓	
RSV:	Moderate - high ↓	→ = Similar to previous week
Adenovirus:	Low ↑	
hMPV:	Low - moderate ↑	

### North Region

Influenza A:	No available data
Influenza B:	No available data
SARS-CoV-2:	No available data
Parainfluenza:	No available data
RSV:	No available data
Adenovirus:	No available data
hMPV:	No available data

### Southeast Region

Influenza A:	Low ↓
Influenza B:	Low ↓
SARS-CoV-2:	Low ↓
Parainfluenza:	Low →
RSV:	Low - elevated ↓
Adenovirus:	Low ↓
hMPV:	Low - slightly elevated ↓

### Southwest Region

Influenza A:	Low ↓
Influenza B:	Low - slightly elevated ↓
SARS-CoV-2:	Low ↓
Parainfluenza:	Sporadic ↑
RSV:	Low - moderate ↓
Adenovirus:	Sporadic ↓
hMPV:	Sporadic - low ↑

## Congregate Setting Influenza Outbreaks

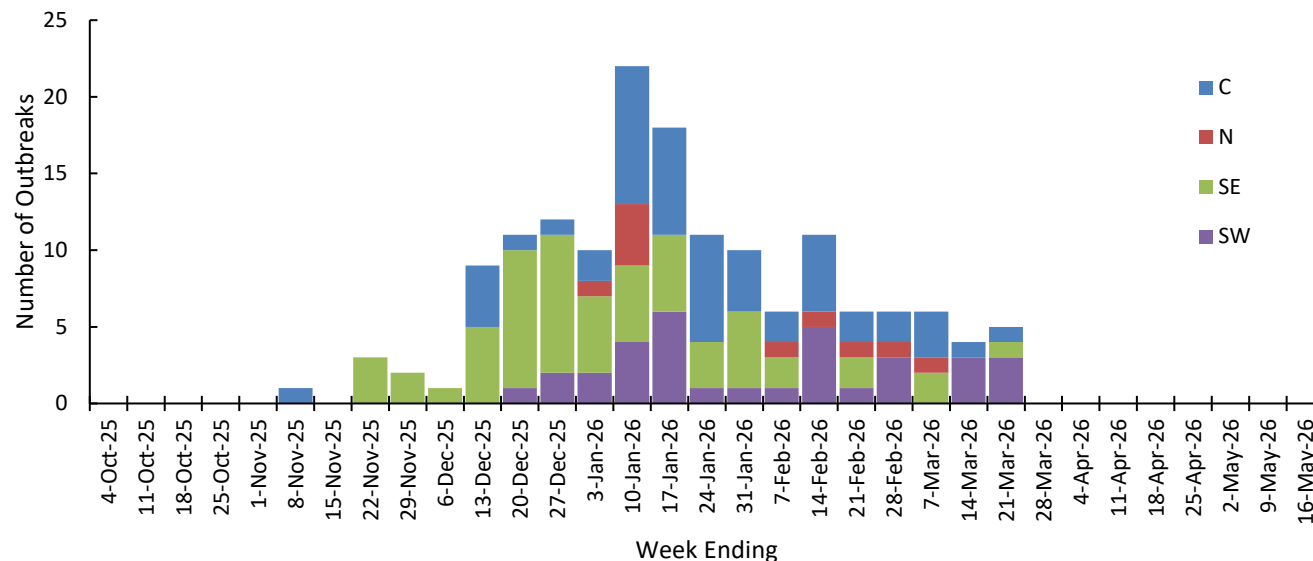
There were **0** confirmed influenza outbreaks reported to MDHHS during this time period. Influenza outbreaks for the 2025-2026 season are summarized below.

# of Reported Influenza Outbreaks by Region

Facility Type	C	N	SE	SW	Total
Schools: K-12 & College	7	1	16	3	<b>27</b>
Long-term Care / Assisted Living Facility	40	8	35	29	<b>112</b>
Healthcare Facility	3	1	2	1	<b>7</b>
Daycare	1	0	4	0	<b>5</b>
Homeless Shelter	0	0	0	0	<b>0</b>
Correctional Facility	0	0	2	0	<b>2</b>
Other	1	0	0	0	<b>1</b>
<b>Total</b>	<b>52</b>	<b>10</b>	<b>59</b>	<b>33</b>	<b>154</b>

Note: Data are reported on outbreaks with laboratory-confirmed influenza.

Influenza Outbreaks in Congregate Settings by Region, 2025-2026



### Did you know?

Congregate setting outbreaks of viral respiratory illness are **required** to be reported to your local health department.

Outbreak Response Resources:

- [MDHHS Guidelines for Influenza and Respiratory Virus Outbreaks in Long-Term Care Facilities](#)
- [MDHHS Respiratory Illness Outbreak Response Tool for use in Skilled Nursing Facilities](#)
- [CDC Viral Respiratory Pathogens Toolkit for Nursing Homes](#)

For more information on outbreaks please visit the [Michigan Respiratory Virus Dashboard](#).

## Spring Allergies or Flu? How to Tell the Difference ([Families Fighting Flu](#))

As winter fades and spring begins, many families notice a familiar set of symptoms: sneezing, congestion, fatigue and headaches. The challenge is figuring out whether these symptoms are caused by seasonal allergies or the flu.

### Spring Allergies

#### Causes

- Environmental allergens, such as pollen, causes the immune system to overreact and release histamines that trigger symptoms.

#### Timing

- Develops gradually.
- Can last weeks or months.

#### Common symptoms

- Sneezing.
- Runny or stuffy nose.
- Itchy or watery eyes.
- Scratchy throat.
- Postnasal drip.
- Mild fatigue.

### Influenza

#### Causes

- The influenza virus, which spreads through droplets when people cough, sneeze or talk.

#### Timing

- Appears suddenly.
- Can last several days to two weeks.

#### Common symptoms

- Fever or chills.
- Body aches.
- Fatigue and weakness.
- Headache.
- Dry cough.
- Sore throat.
- Runny or stuffy nose.
- Sometimes nausea or vomiting.

**Key takeaways:** Fever and body aches point to the flu, while itchy, watery eyes typically signal allergies. Flu symptoms come on suddenly; allergy symptoms build gradually and tend to linger. The flu is contagious, but allergies are not. Knowing the difference helps you choose the right next steps to keep your family feeling their best.

## Influenza News Blast

- RSV continues to spread, Michigan and other states extend immunization period ([WXYZ Detroit](#))
- What's Going Around in Metro Detroit: Norovirus, stomach viruses, colds, RSV, spring allergies ([ClickOnDetroit](#))
- RSV season lasting longer this year, as doctor offers advice to safeguard your family ([Mid-Michigan Now](#))
- Flu vaccine may cut heart attack, stroke risk even when infection occurs ([CIDRAP](#))
- Is a More Effective Flu Vaccine on the Horizon? ([AARP](#))
- Indiana tracks more avian flu in hard-hit counties ([CIDRAP](#))
- The Hamptons Has a Bird Flu Problem ([New York Times](#))
- Never had the flu? Scientists may know why ([NCPR](#))

## Additional Resources

- [MDHHS Influenza Webpage](#) and [Influenza Surveillance in MI](#).
- **NEW!** [MDHHS Seasonal Respiratory Viruses Surveillance and Immunizations Dashboard](#).
- [MDHHS Bureau of Laboratories \(BOL\) Webpage](#).
  - [Test Request Forms](#).
- [Immunization Action Coalition: Ask the Experts - Flu](#).
- [CDC FluView Report](#).

View Michigan Flu Focus Report archives [here](#).

## MDHHS Contributors

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