



Michigan Flu Focus

Weekly Influenza Surveillance Report

January 16, 2026

Vol. 23; No. 15

Week Ending January 10, 2026 | WEEK 1

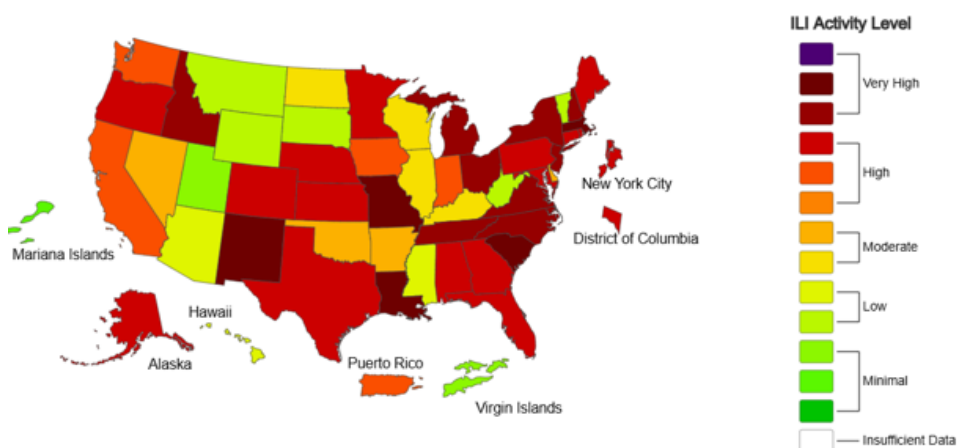
Editor: Sue Kim, MPH

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

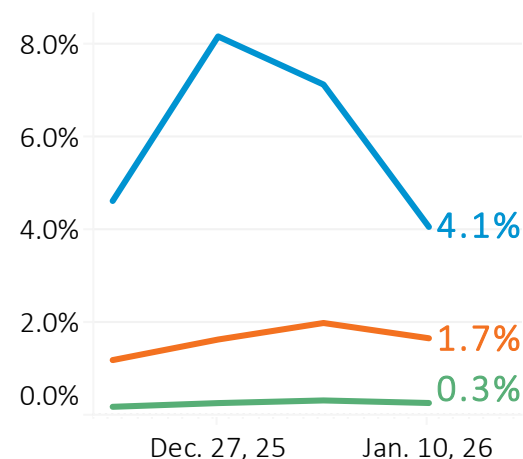
This system monitors visits for respiratory illness that includes fever plus a cough or sore throat, also referred to as ILI, not laboratory confirmed influenza and may capture patient visits due to other respiratory pathogens that cause similar symptoms.

2025-26 Influenza Season Week 1 ending Jan 10, 2026



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

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



For the 2025-26 respiratory season:

24.7% of Michiganders have received an Influenza vaccine	8.6% of Michiganders have received a COVID-19 vaccine
34.6% of Michiganders 0-7 months old have received an RSV antibody	43.5% of Michiganders +75 years old have received an RSV vaccine

Updates of Interest

Nationally, seasonal influenza activity remains elevated, but influenza activity has decreased or remained stable for two consecutive weeks. CDC [estimates](#) that there have been at least 18,000,000 illnesses, 230,000 hospitalizations, and 9,300 deaths from flu so far this season. Please see CDC's latest [FluView report](#) for more information.

Influenza-associated Pediatric Mortality

Nationally, thirty-two (32) influenza-associated pediatric deaths have been reported for the 2025-2026 flu season. No influenza-associated pediatric deaths in Michigan have been confirmed by MDHHS for the 2025-2026 season.

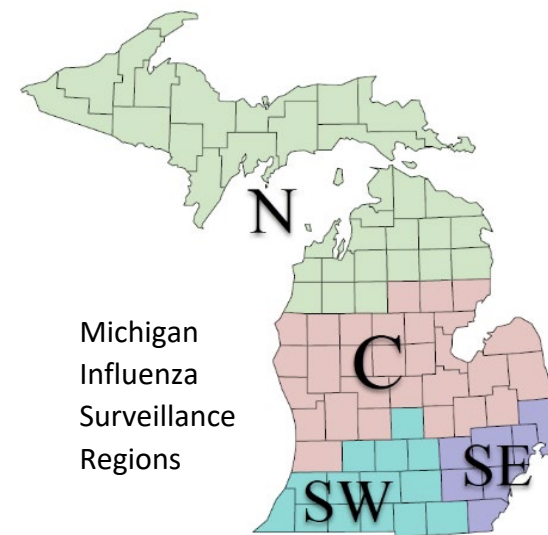
U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet)

Michigan participates in ILINet, a collaborative effort between the CDC, state and 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[†]). 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).

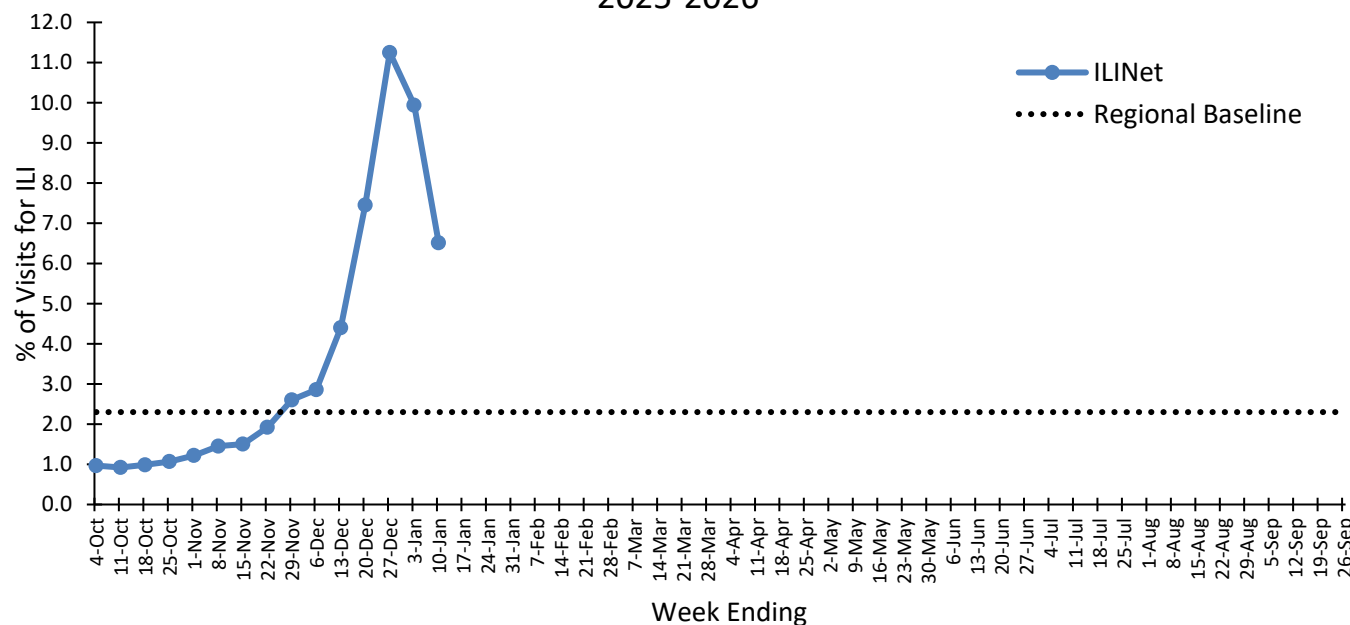
[†]ILI is defined as fever (>100°F) and a cough and/or a sore throat.

of Reports and ILI % by Region During this Time Period

	C	N	SE	SW
# of Reporters (257)	77	32	114	34
ILI %	5.6	7.2	7.6	4.4



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: 6.5% ↓

(Last week: 9.9%)

Regional Baseline: 2.3%

A total of **7,737** patient visits due to ILI were reported out of **118,806** outpatient visits.

National Surveillance

In the United States, **5.3%** of outpatient visits were due to ILI. This is **above** the national baseline of 3.1%

Become an ILINET provider!

Contact Arieanna Eaton at
eatona4@michigan.gov

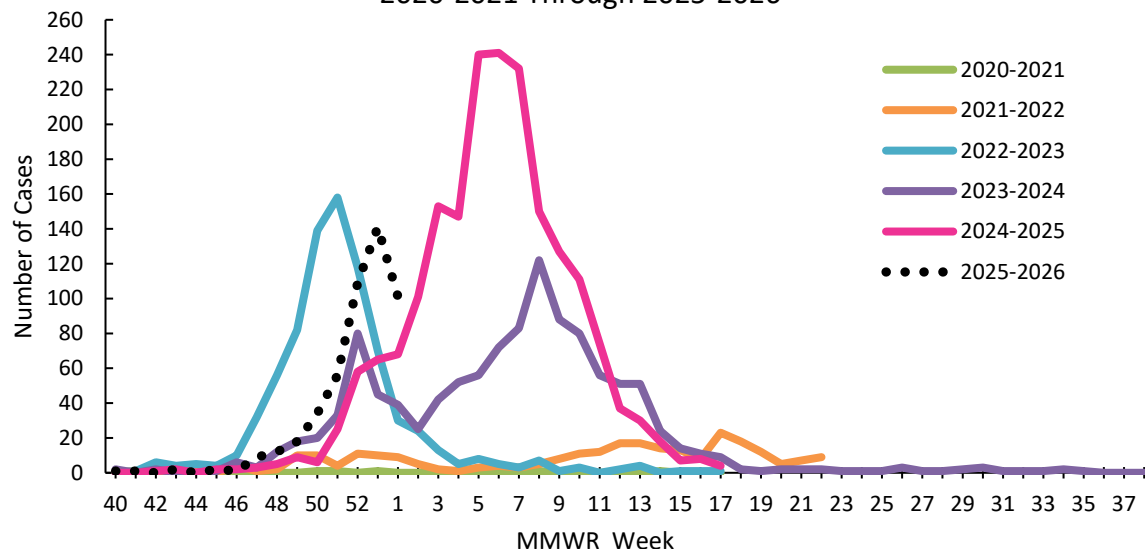
Influenza Hospitalization Surveillance Network (FluSurv-NET)

The CDC's Influenza Hospitalization Surveillance Network (FluSurv-NET) provides population-based rates of laboratory-confirmed influenza-associated hospitalizations beginning October 1st 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)	11 (+1)	90 (-40)	101 (-40)
Cumulative Cases	61	426	487

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



Michigan Influenza Hospitalizations

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

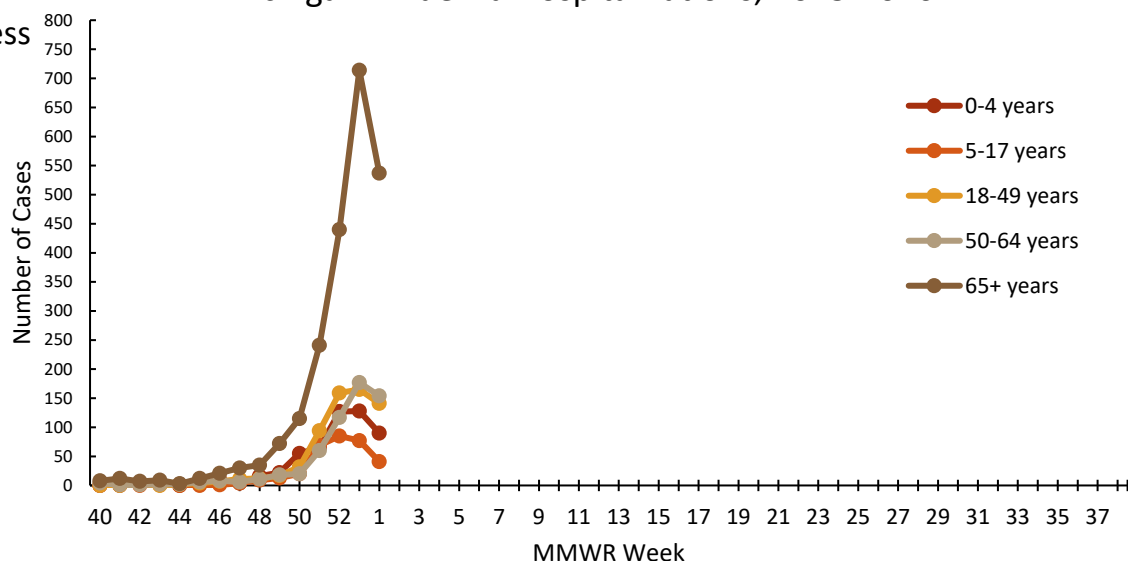
of Influenza Hospitalizations Reported During this Time Period

Region	C	N	SE	SW	Total
Hospitalizations	226	49	586	102	963

of Influenza Hospitalizations by Region

Age Group	C	N	SE	SW	Total
0-4 years	46	3	454	21	524
5-17 years	27	2	275	17	321
18-49 years	121	32	440	53	646
50-64 years	144	27	343	73	587
65+ years	600	117	1275	264	2256
Total	938	181	2787	428	4334

Michigan Influenza Hospitalizations, 2025-2026



If you have any questions about this data, please contact

MDHHS-CHECC-EMResource@michigan.gov

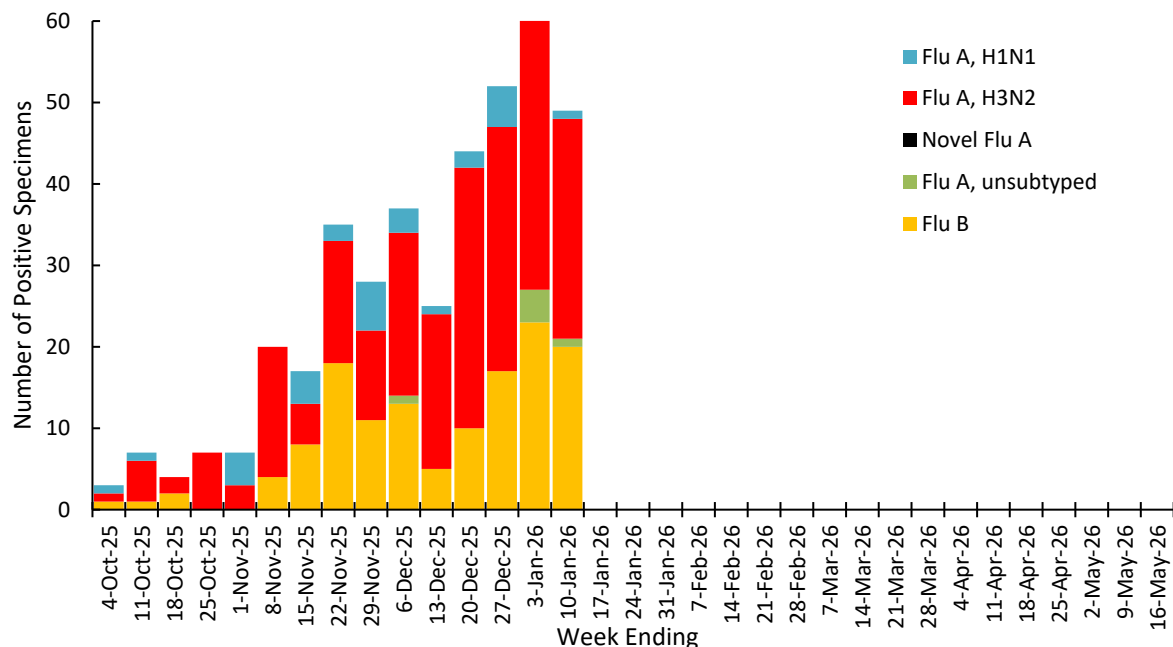
MDHHS Bureau of Laboratories (BOL) Virology Laboratory Data

There were **49** (5C, 0N, 23SE, 21SW) 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	4	1	17	12	34
Flu A H3N2	54	9	91	75	229
Novel flu A*	0	0	0	0	0
Flu A unsubtype	0	1	1	4	6
Flu B**	13	1	89	30	133
Total	71	12	198	121	402

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 (1SE, 5SW, 3C, 1N) reported during this time period.

Southeast Region

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

Central Region

Influenza A:	Moderate - very high ↓
Influenza B:	Low - elevated ↓
SARS-CoV-2:	Elevated →
Parainfluenza:	Low - slightly elevated →
RSV:	Elevated - moderate ↓
Adenovirus:	Low →
hMPV:	Low - elevated ↓

Southwest Region

Influenza A:	Moderate - very high ↓
Influenza B:	Low - moderate ↑
SARS-CoV-2:	Moderate - high →
Parainfluenza:	Sporadic ↓
RSV:	Slightly elevated ↑
Adenovirus:	No activity ↓
hMPV:	Sporadic ↓

North Region

Influenza A:	Low - slightly elevated ↓
Influenza B:	No activity →
SARS-CoV-2:	Low ↑
Parainfluenza:	Sporadic ↑
RSV:	Sporadic ↑
Adenovirus:	No activity →
hMPV:	Sporadic ↓

Congregate Setting Influenza Outbreaks

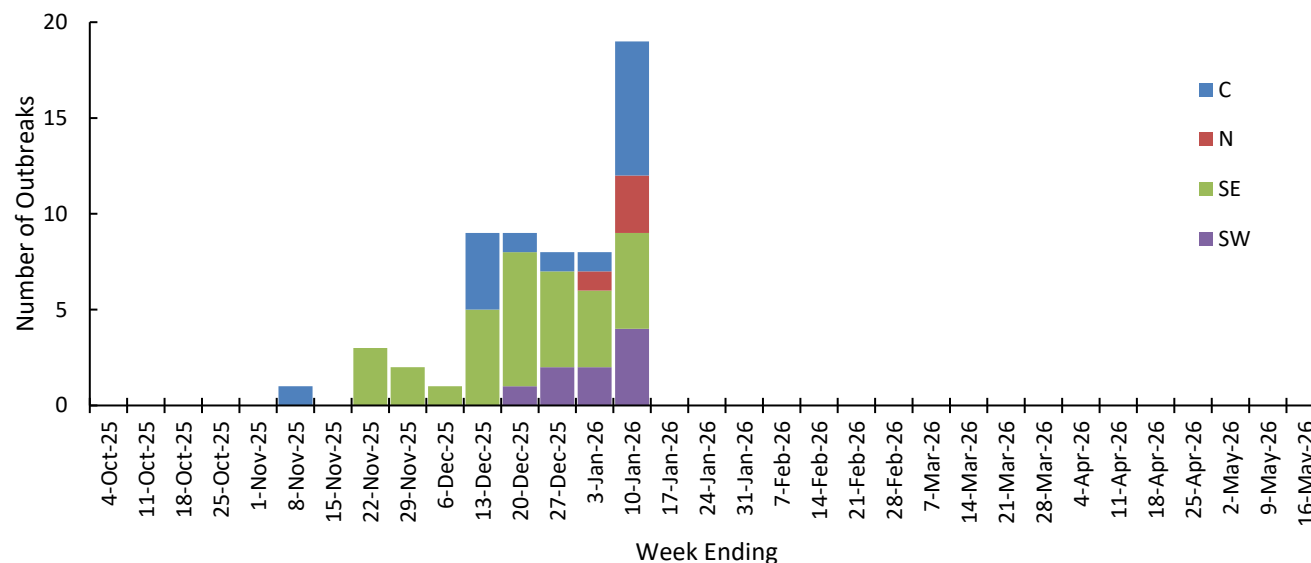
There were **19** (7C, 3N, 5SE, 4SW) confirmed influenza outbreaks reported to MDHHS during this time period. Influenza outbreaks for the 2025-2026 season are summarized below.

of Reported Influenza Outbreaks by Region

Facility Type	C	N	SE	SW	Total
Schools: K-12 & College	2	0	13	0	15
Long-term Care / Assisted Living Facility	13	4	15	9	41
Healthcare Facility	0	0	1	0	1
Daycare	0	0	2	0	2
Homeless Shelter	0	0	0	0	0
Correctional Facility	0	0	1	0	1
Other	0	0	0	0	0
Total	15	4	32	9	60

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](#).

If activity is decreasing, what's the point of getting vaccinated?

There are so many reasons!

1. **The respiratory virus season isn't over.** Flu activity can rebound later in the season, and COVID-19 has caused substantial illness outside of traditional winter months.
2. **Respiratory viruses are still causing serious illness.** Even as trends decline, thousands of people continue to get sick, be hospitalized, and die each week. While healthy habits like good nutrition, exercise, and handwashing matter, vaccines remain a safe and effective way to reduce risk. Early estimates from the 2025-26 flu season show vaccination reduced doctor's visits for flu by about 44% overall and 52% against influenza A(H3N2), which includes subclade K ([ECDC](#)).
3. **Severe outcomes can happen, even in healthy people.** Last year, nearly half of children hospitalized with the flu had no underlying medical conditions ([CDC](#)). Flu and COVID-19 can damage the lungs, increase the risk of pneumonia, asthma attacks, heart attacks, and stroke ([AHA](#)). Vaccines help prevent these outcomes.
4. **Vaccination still helps even if you already had flu.** Multiple flu strains circulate each season, and infection with one does not protect against others. The trivalent flu vaccine targets three strains and can still help your immune system recognize and respond more quickly to related viruses, reducing the risk of severe illness.
5. **It couldn't hurt!** Not only is there overwhelming evidence supporting the safety of COVID-19, flu, and RSV vaccines ([CIDRAP](#)), you don't even have to get poked. There are nasal sprays, like FluMist, that are a needle-free way to get vaccinated by a healthcare provider or at home. Use [Vaccine Finder](#) to find a location to get vaccinated near you.

Influenza News Blast

- As cases spike, Wayne Co. urges flu vaccine for everyone 6 months, older ([The Detroit News](#))
- Northern Michigan flu presence deemed 'very high' ([Manistee News](#))
- As flu slams Michigan, Dr. Chopra provides advice and answers questions ([Today@Wayne](#))
- 'Heck of a lot of flu' in West Michigan, taxing hospital systems ([ABC 13](#))
- Flu activity in Michigan reaches highest CDC level ([Pioneer](#))
- 'Disaster in slow motion': Flu cases surge in Michigan amid federal vaccine rollback ([Michigan Independent](#))
- Michigan flu surge continues to outpace U.S. average ([MLive](#))
- How bad is the flu in Michigan? What CDC and state officials are saying ([Detroit Free Press](#))
- Flu Surge Drives Hospitalizations in Northern Michigan Communities ([Prism News](#))
- Wayne County urges residents to get flu shot as infections spike sharply across Metro Detroit ([Arab American News](#))
- Health officials urge vaccination with flu cases 'very high' in Metro Detroit: 'We're seeing a really big impact in our kids' ([WWJ 950](#))
- Michigan still outpacing the country for flu and respiratory illness ([Mix 95.7](#))

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

Bureau of Infectious Disease Prevention: A. Eaton, MPH, S. Kim, MPH, L. Leegwater, MPH, V. Tellez Nunez, MPH, E. Urlaub, MPH

Bureau of Laboratories: K. Jacob, PhD, K. Margulieux, PhD