



Michigan Flu Focus

Weekly Influenza Surveillance Report

February 6, 2026

Vol. 23; No. 18

Week Ending January 31, 2026 | WEEK 4

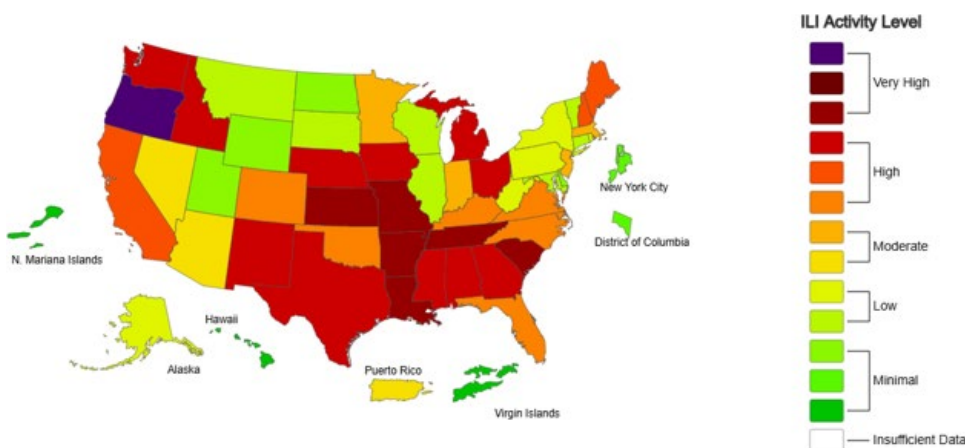
Editor: Sue Kim, MPH

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

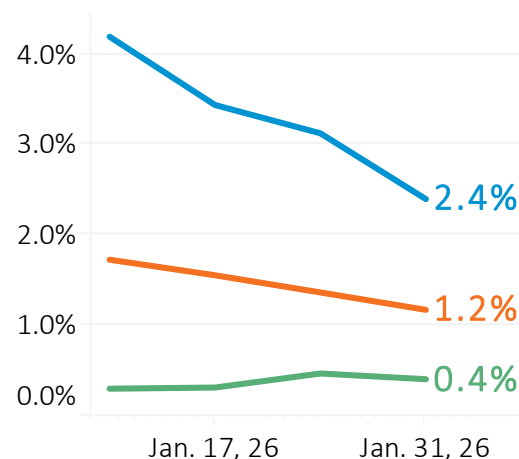
This system monitors visits for respiratory illness that includes fever plus a cough or sore throat, also referred to as ILI, not laboratory confirmed influenza and may capture patient visits due to other respiratory pathogens that cause similar symptoms.

2025-26 Influenza Season Week 4 ending Jan 31, 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:

| | |
|---|---|
| 26.1% of Michiganders have received an Influenza vaccine | 9.1% of Michiganders have received a COVID-19 vaccine |
| 35.7% of Michiganders 0-7 months old have received an RSV antibody | 43.9% of Michiganders +75 years old have received an RSV vaccine |

Updates of Interest

Nationally, seasonal influenza activity remains elevated. CDC [estimates](#) that there have been at least 22,000,000 illnesses, 280,000 hospitalizations, and 12,000 deaths from flu so far this season. Please see CDC's latest [FluView report](#) for more information.

Influenza-associated Pediatric Mortality

Nationally, sixty (60) 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.

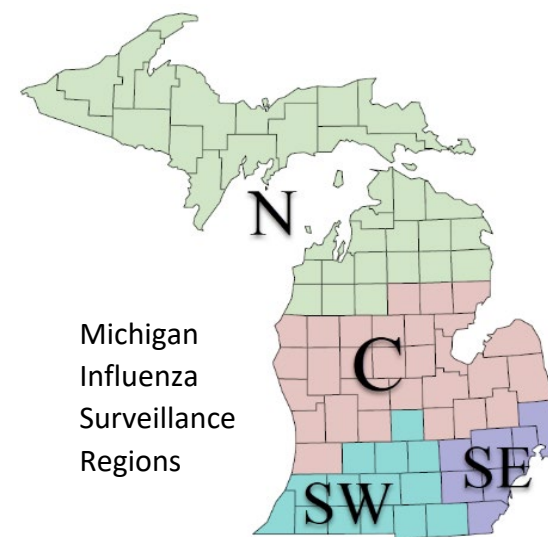
U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet)

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).

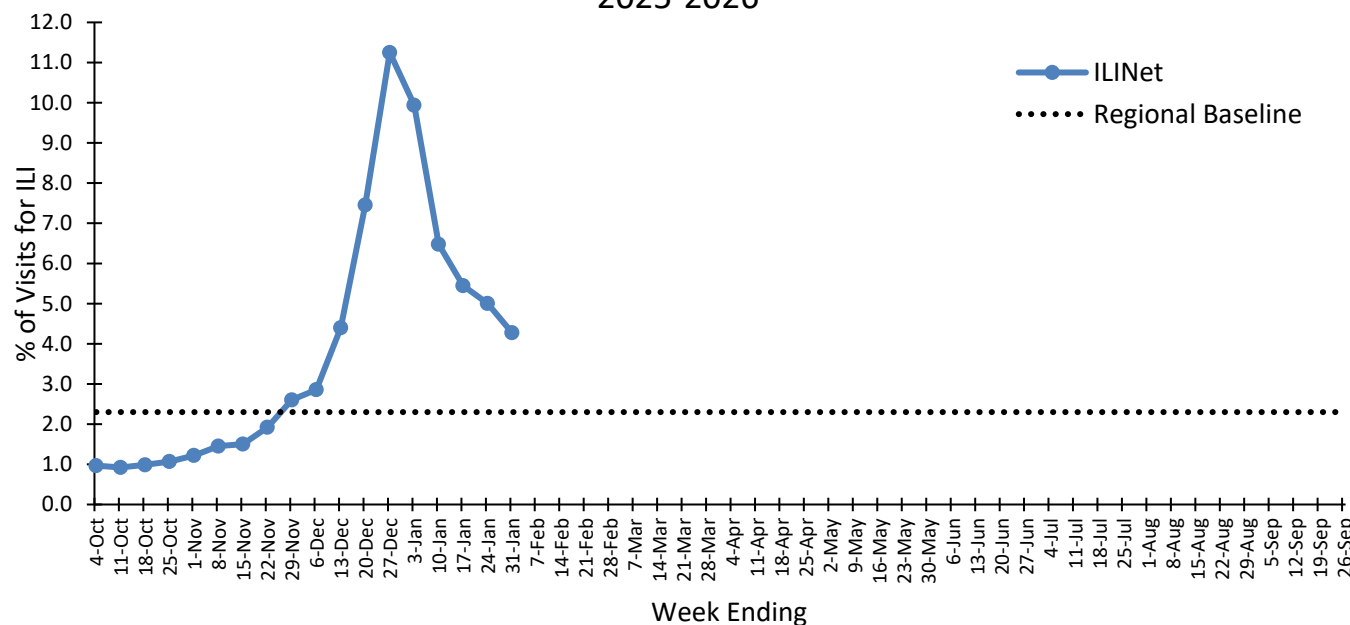
[†]ILI is defined as fever (>100°F) and a cough and/or a sore throat.

of Reports and ILI % by Region During this Time Period

| | C | N | SE | SW |
|-------------------------------|-----|-----|-----|-----|
| # of Reporters (258) | 78 | 32 | 114 | 34 |
| ILI % | 4.6 | 6.3 | 3.7 | 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: 4.3% ↓

(Last week: 5.0%)

Regional Baseline: 2.3%

A total of **4,264** patient visits due to ILI were reported out of **99,772** outpatient visits.

National Surveillance

In the United States, **4.4%** 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

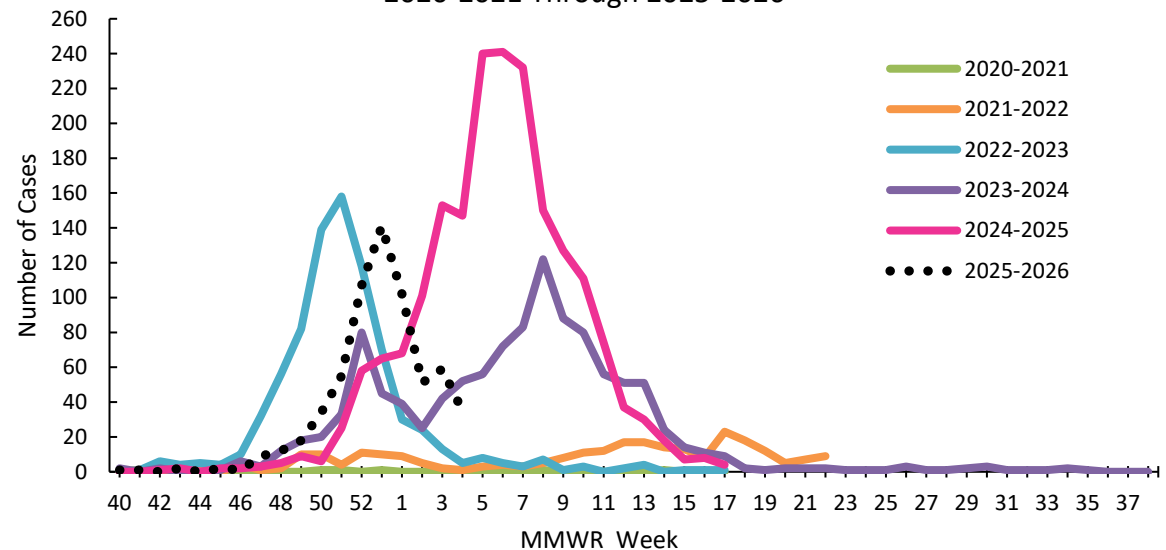
Influenza Hospitalization Surveillance Network (FluSurv-NET)

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) | 4 (-4) | 31 (-20) | 35 (-24) |
| Cumulative Cases | 78 | 552 | 630 |

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.

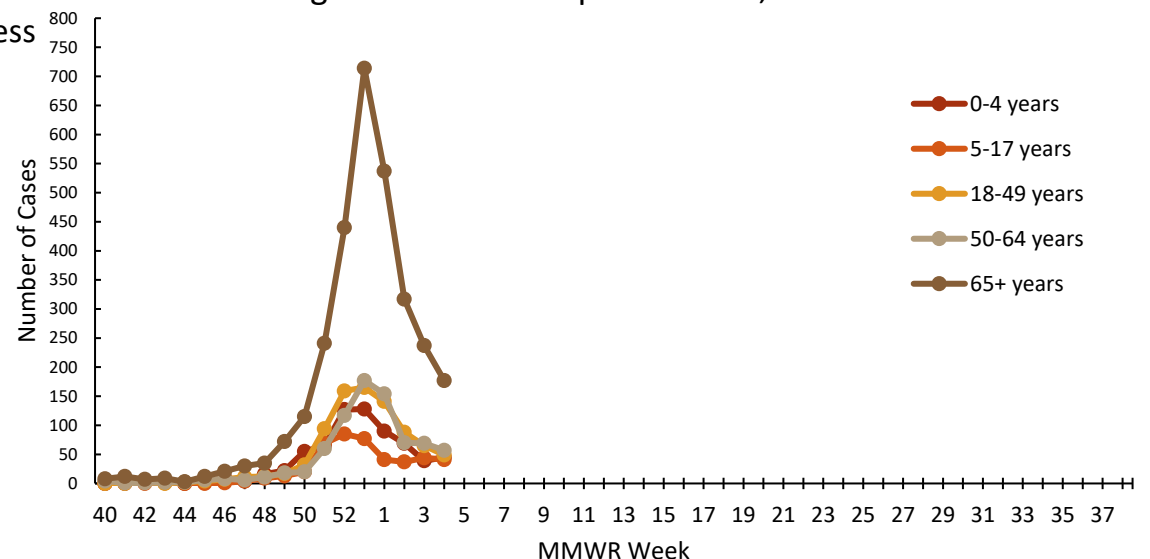
of Influenza Hospitalizations Reported During this Time Period

| Region | C | N | SE | SW | Total |
|------------------|-----|----|-----|----|-------|
| Hospitalizations | 119 | 21 | 176 | 53 | 369 |

of Influenza Hospitalizations by Region

| Age Group | C | N | SE | SW | Total |
|--------------|-------------|------------|-------------|------------|-------------|
| 0-4 years | 65 | 6 | 572 | 34 | 677 |
| 5-17 years | 48 | 4 | 358 | 33 | 443 |
| 18-49 years | 172 | 39 | 547 | 90 | 848 |
| 50-64 years | 201 | 47 | 444 | 91 | 783 |
| 65+ years | 825 | 191 | 1601 | 370 | 2987 |
| Total | 1311 | 287 | 3522 | 618 | 5738 |

Michigan Influenza Hospitalizations, 2025-2026



If you have any questions about this data, please contact

MDHHS-CHECC-EMResource@michigan.gov

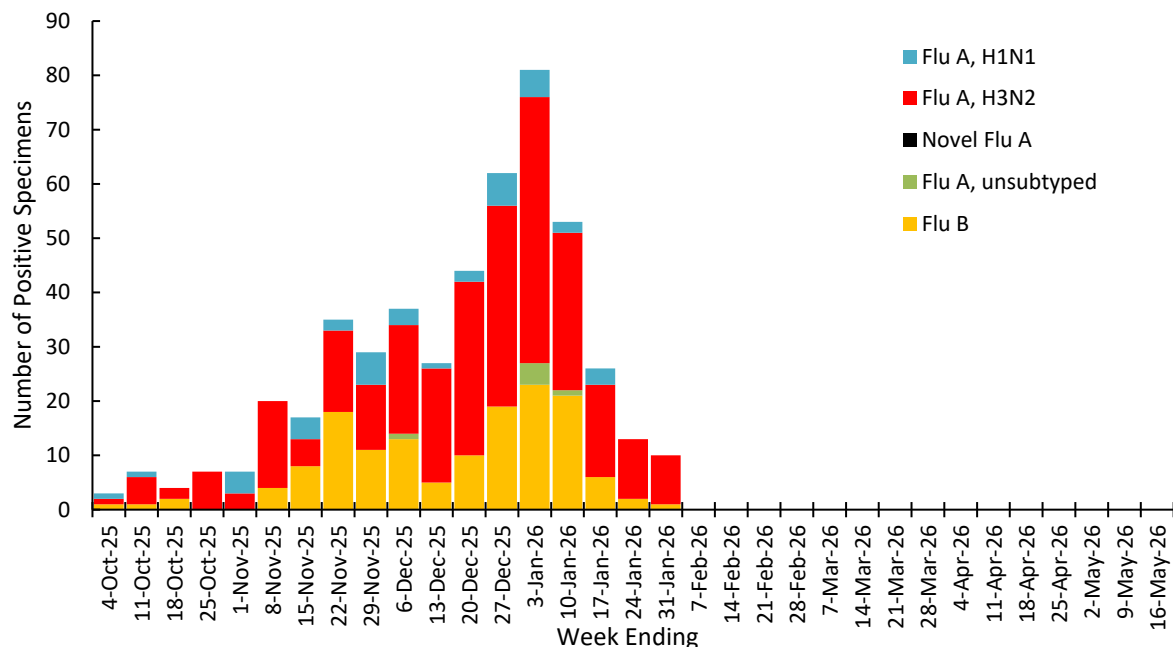
MDHHS Bureau of Laboratories (BOL) Virology Laboratory Data

There were **10** (4C, 0N, 2SE, 4SW) 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 | 8 | 1 | 18 | 13 | 40 |
| Flu A H3N2 | 88 | 18 | 100 | 85 | 291 |
| Novel flu A* | 0 | 0 | 0 | 0 | 0 |
| Flu A unsubtype | 0 | 1 | 1 | 4 | 6 |
| Flu B** | 17 | 1 | 92 | 35 | 145 |
| Total | 113 | 21 | 211 | 137 | 482 |

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

Six (6) sentinel clinical labs (1SE, 2SW, 2C, 1N) reported during this time period.

Southeast Region

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

Central Region

| | |
|----------------|-----------------------|
| Influenza A: | Moderate - high ↓ |
| Influenza B: | Elevated - moderate ↑ |
| SARS-CoV-2: | Elevated - moderate ↑ |
| Parainfluenza: | Low ↓ |
| RSV: | Elevated ↑ |
| Adenovirus: | Low → |
| hMPV: | Low ↓ |

Southwest Region

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

North Region

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

Congregate Setting Influenza Outbreaks

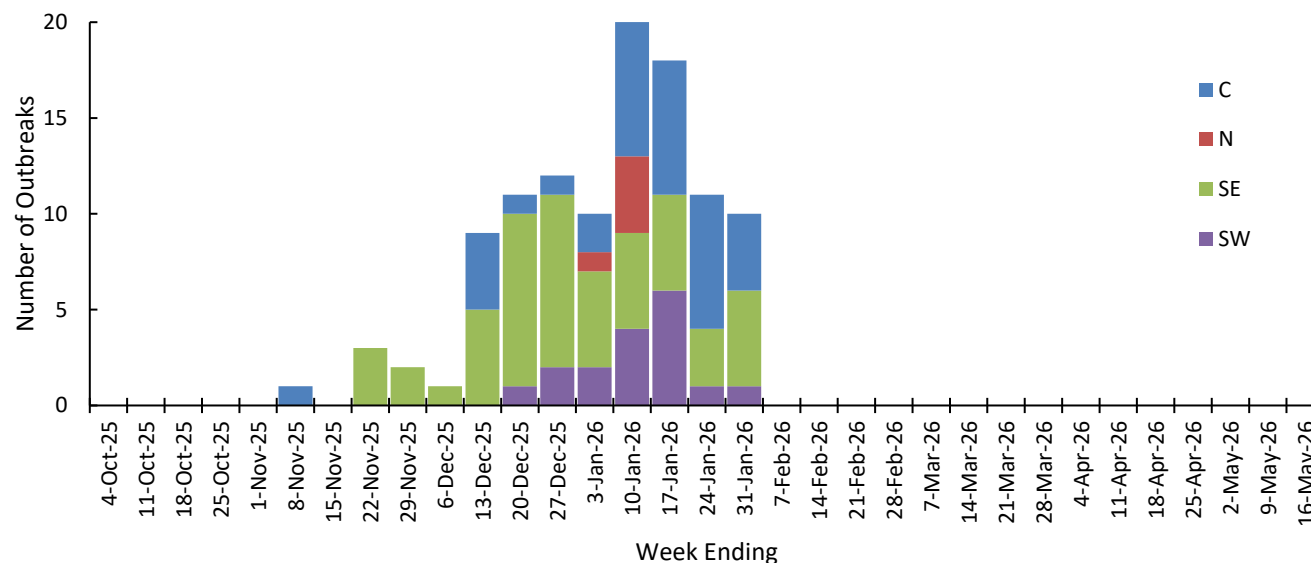
There were **10** (4C, 0N, 5SE, 1SW) confirmed influenza outbreaks reported to MDHHS during this time period. Influenza outbreaks for the 2025-2026 season are summarized below.

of Reported Influenza Outbreaks by Region

| Facility Type | C | N | SE | SW | Total |
|---|-----------|----------|-----------|-----------|------------|
| Schools: K-12 & College | 4 | 0 | 15 | 1 | 20 |
| Long-term Care / Assisted Living Facility | 27 | 5 | 29 | 16 | 77 |
| Healthcare Facility | 3 | 0 | 2 | 0 | 5 |
| Daycare | 0 | 0 | 4 | 0 | 4 |
| Homeless Shelter | 0 | 0 | 0 | 0 | 0 |
| Correctional Facility | 0 | 0 | 2 | 0 | 2 |
| Other | 1 | 0 | 0 | 0 | 1 |
| Total | 35 | 5 | 52 | 17 | 109 |

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](#).

Flu antivirals: What to know and when to use them (Your Local Epidemiologist)

Here's what antivirals can do:

- Shorten illness (how long you're sick) by about one to two days (potentially three days in young kids when started within 12 hours of infection)
- Reduce severity of symptoms (how crappy you feel) and risk of certain complications (e.g., ear infections in kids)
- Reduce risk of death in high-risk groups (especially older adults)
- Prevent flu after a known exposure (if someone in your household has the flu, taking antivirals right away can cut your risk of symptomatic flu in half)

Here's what they *can't* do: work magic if you wait too long. These medications work best when started within **48 hours of symptom onset**, though people with severe illness or high-risk conditions may still benefit even if treatment starts later.

Flu Antiviral Treatment Options

| Drug | How it's given | Duration | Ages | Cost (without insurance) | Notes |
|-----------------------|----------------|----------------------|-----------|--------------------------|--|
| Tamiflu (oseltamivir) | Pill or liquid | Twice daily x 5 days | 2 weeks+ | ~\$50 or less (generic) | Most commonly used; preferred for severe illness |
| Xofluza (baloxavir) | Pill or liquid | One dose | 5 years+ | ~\$200 (brand only) | Convenient but pricier; not for pregnant/immunocompromised |
| Relenza (zanamivir) | Inhaled powder | Twice daily x 5 days | 7 years+ | ~\$90 (brand only) | Can't use if you have asthma or other breathing problems |
| Rapivab (peramivir) | IV infusion | Single dose | 6 months+ | ~\$1,000 (brand only) | Hospital setting only |

Influenza News Blast

- Flint Community Schools gives guidance on when to keep sick kids at home ([Mid-Michigan NOW](#))
- U.S. Flu Cases Are Rising Again ([New York Times](#))
- Why the Flu Season Isn't Over Yet ([Mpls.St.Paul Magazine](#))
- RFK, Jr.'s assertion that his voice condition is linked to the flu shot is not based in science, experts say ([Scientific American](#))
- Flu Activity Is Elevated This Season — Protect Yourself to Help Protect Others ([VA.gov](#))
- Sanofi scraps plan to develop next-generation mRNA seasonal flu vaccine ([CIDRAP](#))
- Feeling sick? Bad flu season gets worse as a 'second peak' looms. ([USA Today](#))
- Flu Cases Were Falling—So Why Are Doctors Seeing Another Rise Now? ([Prevention](#))
- WHO's assessment shows improved flu vaccines could save up to 6 million lives ([CIDRAP](#))
- Nipah in India, measles is the first building block to fall, flu increasing again, and US out but CA in on WHO ([Your Local Epidemiologist](#))

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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