

MMWR Week 10 (3/8/2026-3/14/2026)



INFECTIOUS DISEASE EPIDEMIOLOGY

Influenza Report

2025 - 2026 Influenza Season

MMWR Week 10 (3/8/26-3/14/26)

Updated March 20, 2026



Overview (MMWR Week 10)

Influenza and Influenza-like Illness (ILI) Activity

Spread

Regional

Transmission levels decreased slightly compared to last week

Flu Activity

Minimal

Reported influenza case counts decreased compared to last week

ILI Activity

Minimal

Reports of outpatient respiratory illnesses increased compared to last week

Co-circulating

Other Respiratory Infections:

SARS-CoV-2, Pertussis, and increasing levels of RSV

Seasonal Data

Types of Flu:

Influenza A and B viruses are circulating; flu B percentages are increasing

Subtypes

Primary: A H3N2 & B

Predominantly, A/H3N2 and B viruses were reported across the country this week

Outbreaks

0

No LTCF or school-associated influenza outbreaks were reported this week

Severity

Hospitalizations

The weekly influenza-associated hospitalization rate peaked in week 52 and has since decreased

Deaths

115

There have been 115 pediatric deaths reported across the country so far this season

Syndromic

4

There were four syndromic anomalies reported this week in Campbell and Fremont counties

EMS Reports

20

The number of suspected ILI reports increased compared to last week

Hot Spots

Tracking Trends

Several counties reported a decrease in case counts compared to last week



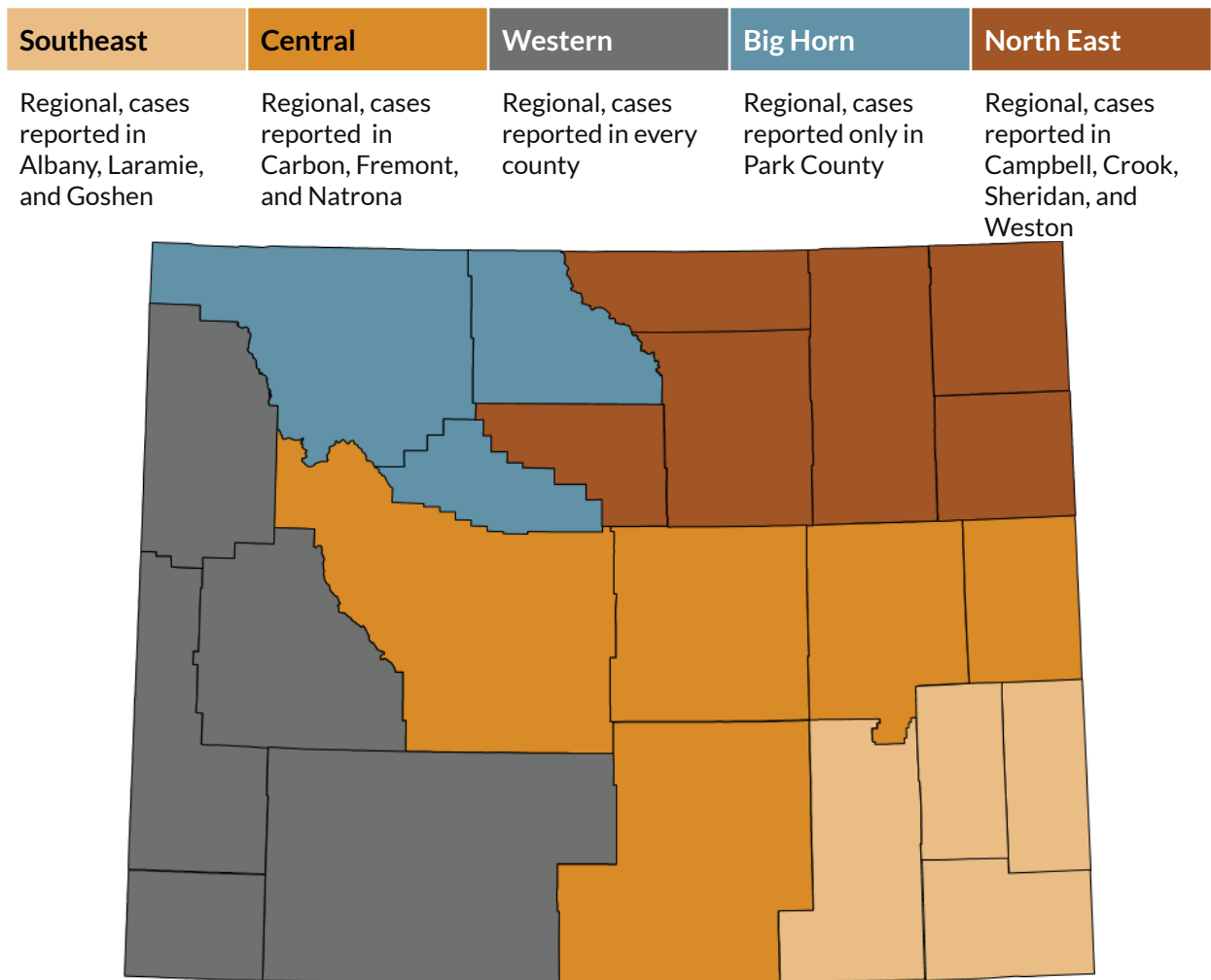
Geographic Spread

Geographic Activity by Regions

Wyoming as a whole had **minimal ILI activity** this week (MMWR Week 10).
Transmission levels decreased slightly compared to last week.

- Healthcare providers in **16** counties electronically reported influenza cases.
- The electronically reported influenza cases represent **all five** Infectious Disease Epidemiology (IDE) Geographic Regions.
- Healthcare providers across the state electronically reported **169** influenza cases (rapid influenza diagnostic tests and PCR-confirmed tests) this week.

IDE Geographic Regions of Wyoming



Virologic Surveillance

Public Health Laboratory

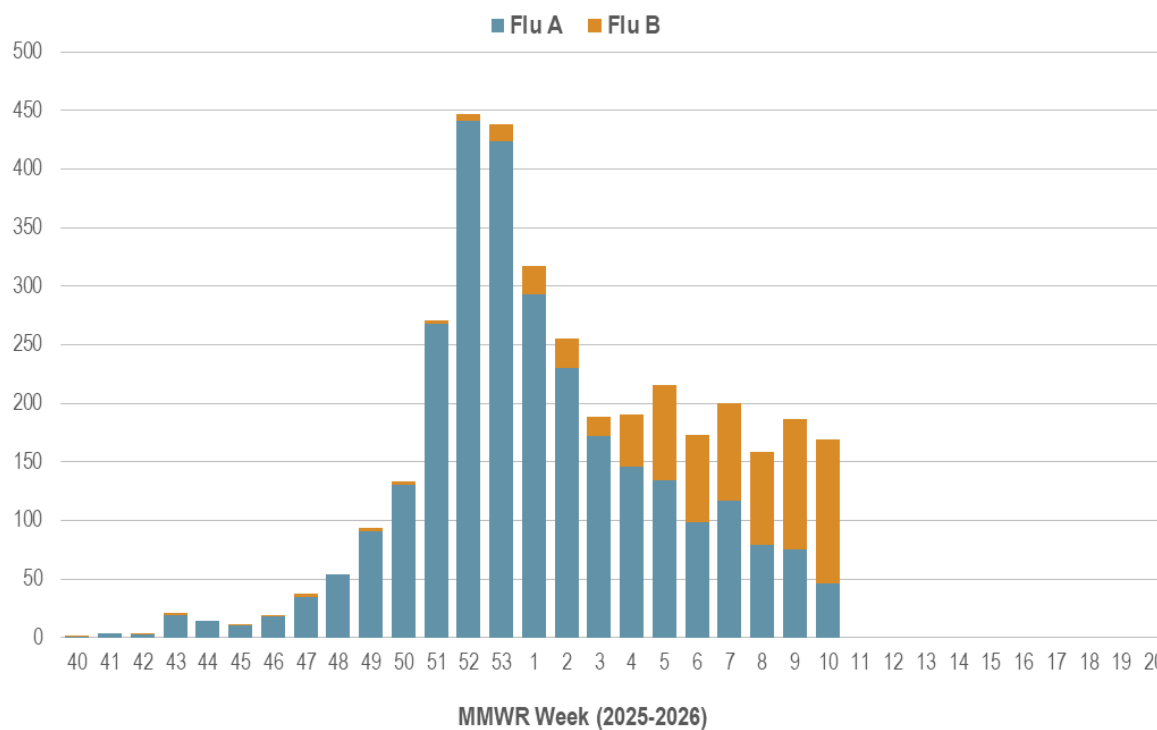
The overall volume of samples tested for influenza at the Wyoming Public Health Laboratory has steadily declined following the increasing distribution of the CDC Influenza SARS-CoV-2 Multiplex Assay, in addition to at-home testing options. We greatly encourage providers across the state to send additional specimens to the WPHL for virologic surveillance. The number of positive influenza specimens electronically reported this week **decreased** compared to the previous week.

Healthcare and Clinical Laboratories

Clinical laboratories across the country most frequently reported both **influenza A/H3N2 viruses** and **influenza B viruses** circulating during MMWR Week 10.

Electronic Lab Reports of Influenza Cases

Number of Electronic Lab Reported Cases



Influenza-Like Illness Surveillance

MMWR Week 10: 2.99% ▼ below WY baseline (5.36%)

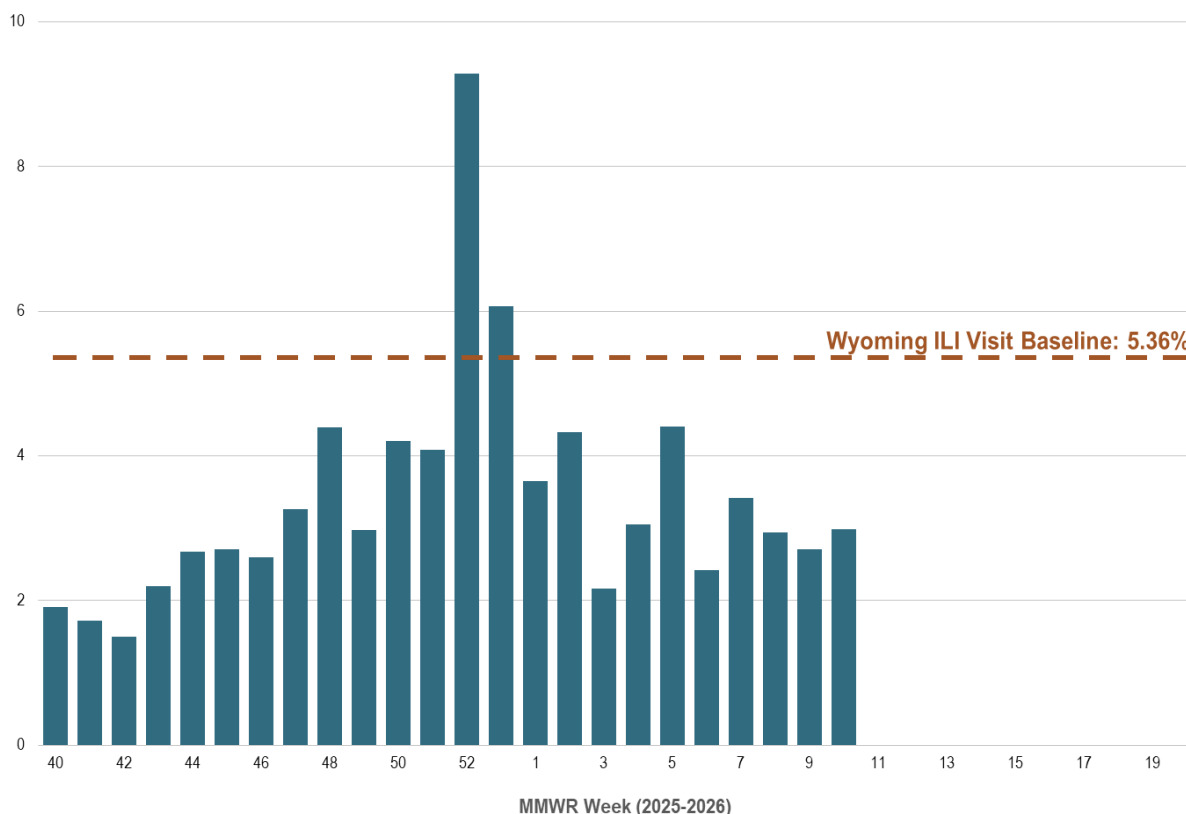
The percent of patient visits to ILI-Net Sentinel Providers for ILI increased compared to last week.

The Wyoming Department of Health received reports from **more than 50%** of the ILINet providers across the state. Although weekly percentages could change as additional reports are submitted.

Key Updates: Overall seasonal influenza activity remains elevated nationally, but is decreasing in most areas of the country. Influenza A activity continues to decrease, and trends in influenza B activity vary by HHS region. Based on CDC calculations, transmission within Wyoming was **minimal** this week. Nationally, the percentage of respiratory specimens testing positive for the influenza virus in clinical laboratories decreased this week. The percentage of specimens testing positive for influenza increased in regions 1, 3, and 8, primarily driven by increases in influenza B activity, decreased in regions 4, 5, 6, 7, 9, and 10, and remained stable in Region 2.

Weekly Percent of ILI Visits

Percent of Influenza-like Illness (ILI)



Pneumonia and Influenza Mortality

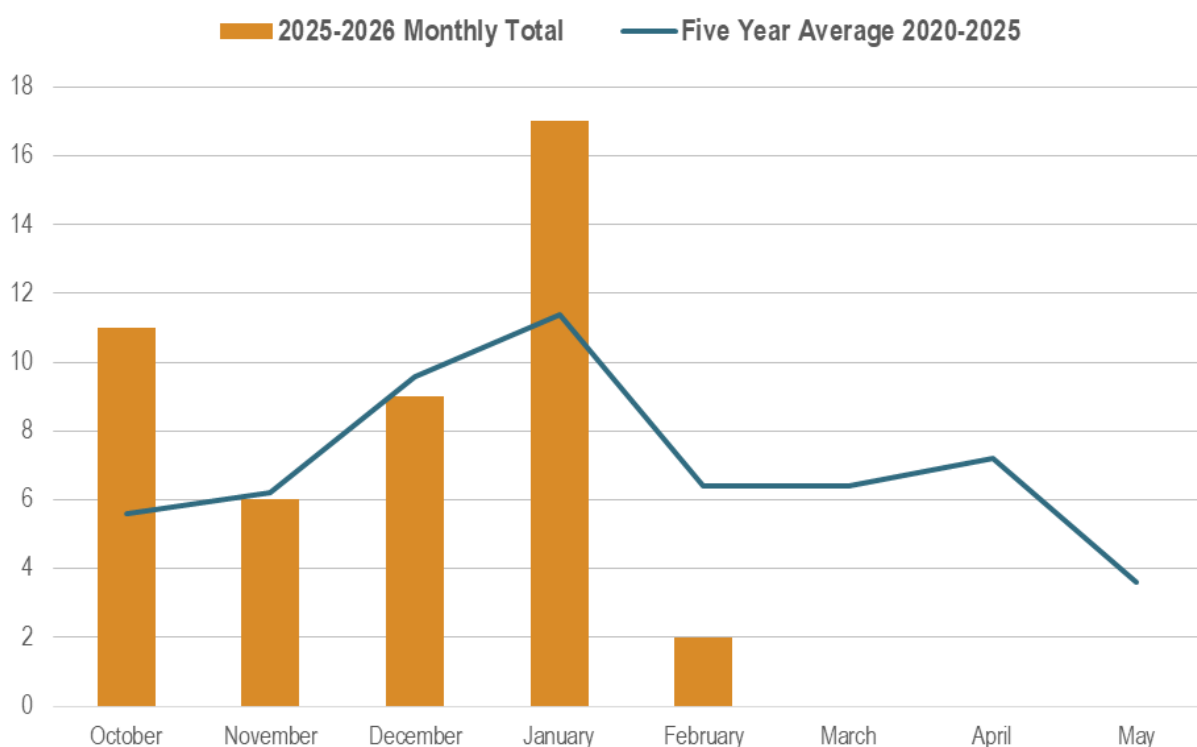
Mortality Data

Tracking death certificates is the most effective surveillance system for capturing and identifying pneumonia and influenza-associated deaths in Wyoming. According to the CDC, influenza is infrequently listed on death certificates. Also, testing for seasonal influenza infections is not frequently performed, particularly among the elderly, who are at greatest risk for seasonal influenza complications and death. Therefore, public health officials may not be able to identify influenza-associated deaths in many instances; as a result, this surveillance system may underestimate the true impact of influenza-associated deaths in the state.

There have been 45 pneumonia and influenza (P&I) mortality reports certified since the beginning of the 2025-2026 Influenza Season.

Monthly P&I Mortality Reports (2020-2026)

Number of P&I Deaths

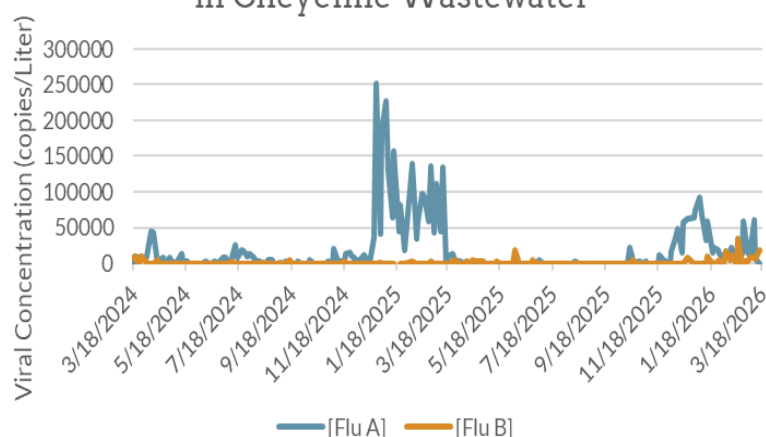


Wastewater Surveillance

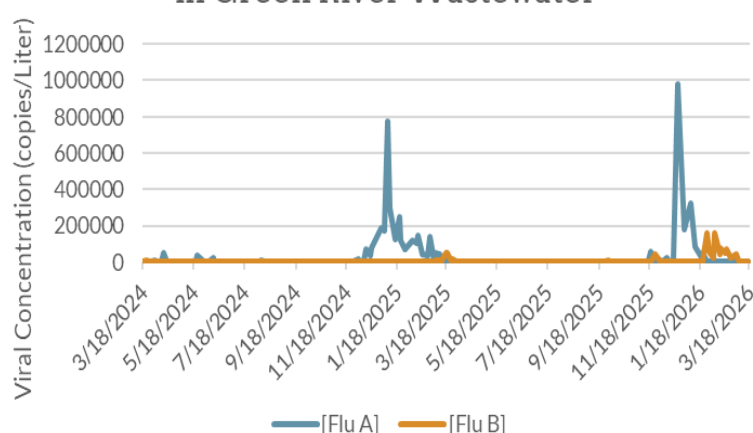
Here at the Wyoming Public Health Laboratory (WPHL), we have a team of scientists analyzing wastewater samples from across the state to identify trends in influenza (and many other pathogens). The graphs pictured below depict trend lines for the past two influenza seasons (2023-2026) as well as current trends. It is important to note that the high concentrations observed last season have dwarfed many of the previously detected values.

WPHL Sites: Cheyenne, Green River, Rawlins, and Sheridan

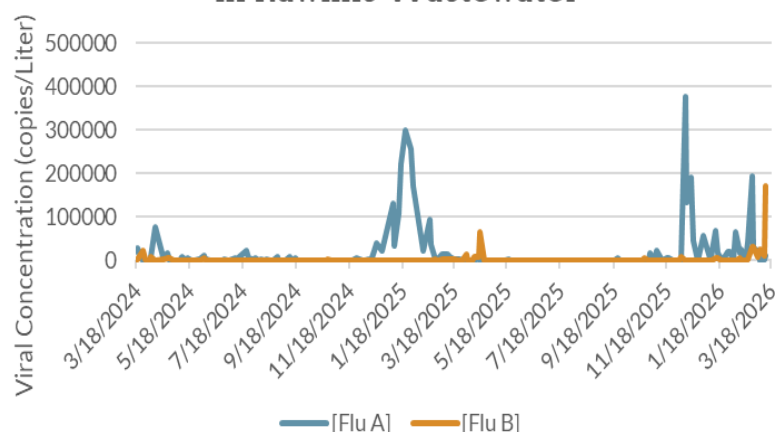
Influenza A and B Concentration Levels in Cheyenne Wastewater



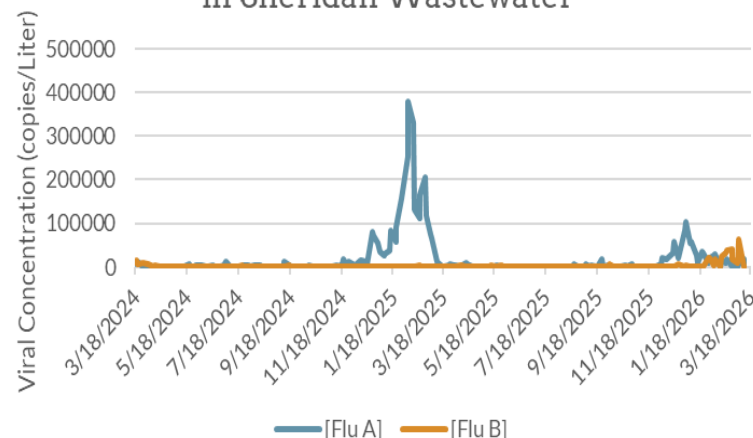
Influenza A and B Concentration Levels in Green River Wastewater



Influenza A and B Concentration Levels in Rawlins Wastewater



Influenza A and B Concentration Levels in Sheridan Wastewater

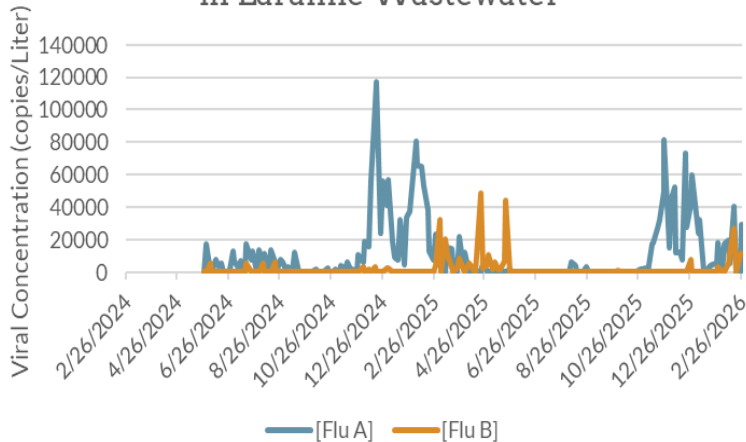


Wastewater Surveillance Continued

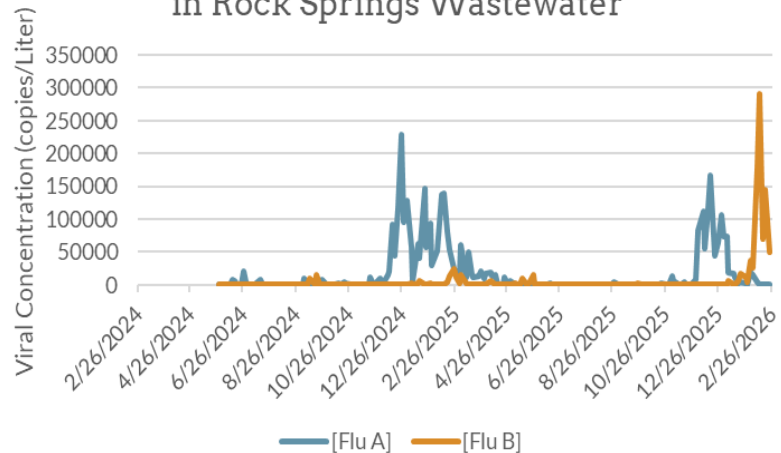
Our colleagues at the University of Wyoming (UW) have collaborated with the WPHL to analyze wastewater samples collected at four additional treatment facilities across the state. The graphs below show the current trend lines of varying influenza concentrations detected in wastewater, starting in June 2024 and continuing to the present. The current viral concentrations appear to be diminished compared to the higher values we observed last season during sustained community-wide transmission.

UW Sites: Laramie, Rock Springs, Jackson, and Gillette

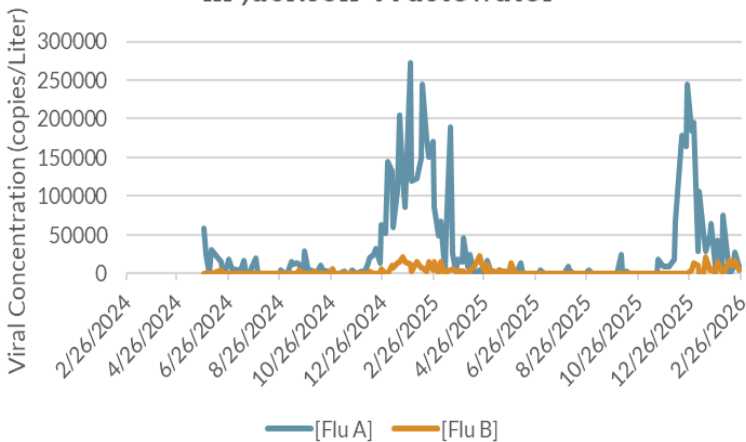
Influenza A and B Concentration Levels in Laramie Wastewater



Influenza A and B Concentration Levels in Rock Springs Wastewater



Influenza A and B Concentration Levels in Jackson Wastewater



Influenza A and B Concentration Levels in Gillette Wastewater

