

This report describes current trends in suburban Cook County for influenza and other respiratory viruses. Selected graphics are presented on pages 2-4. For complete surveillance data on flu, COVID-19, and RSV, please visit our dashboard at <https://ccdphcd.shinyapps.io/influenza/>. CCDPH is also now tracking “Broad Respiratory” illness in our hospitalization data. This CDC-defined syndrome includes a wide array of specific and non-specific respiratory diagnoses and complications, such as bronchitis or pneumonia.

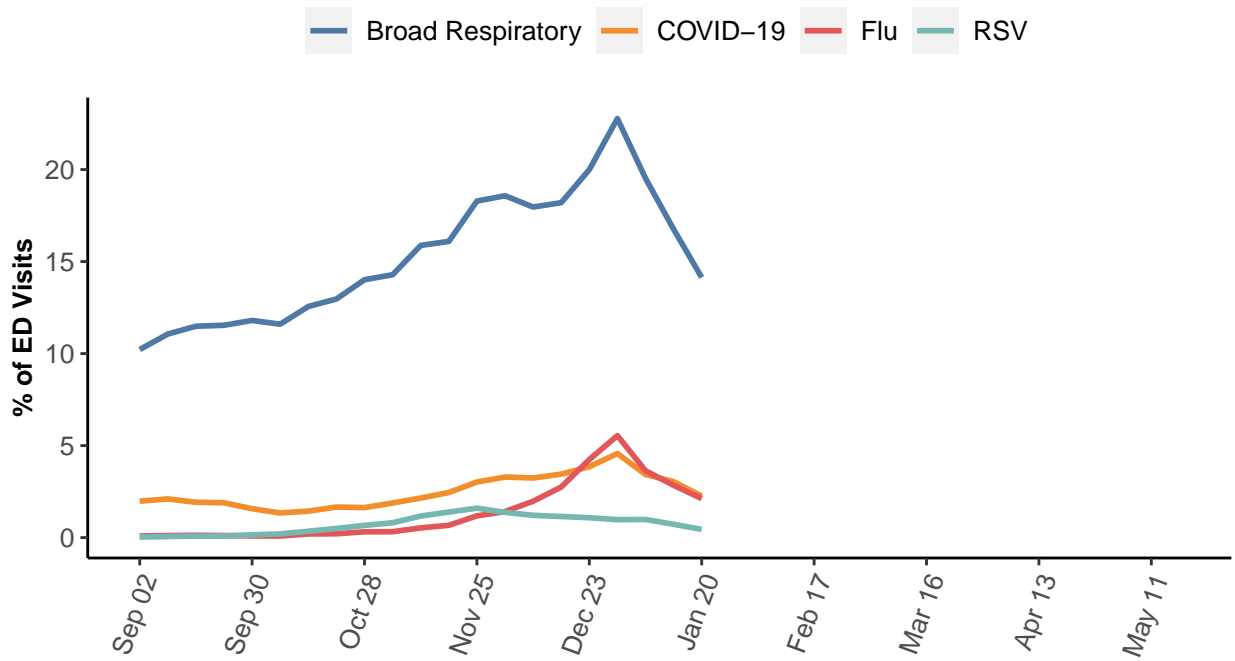
Key Points

Overall, influenza activity is **Moderate** and trending down.

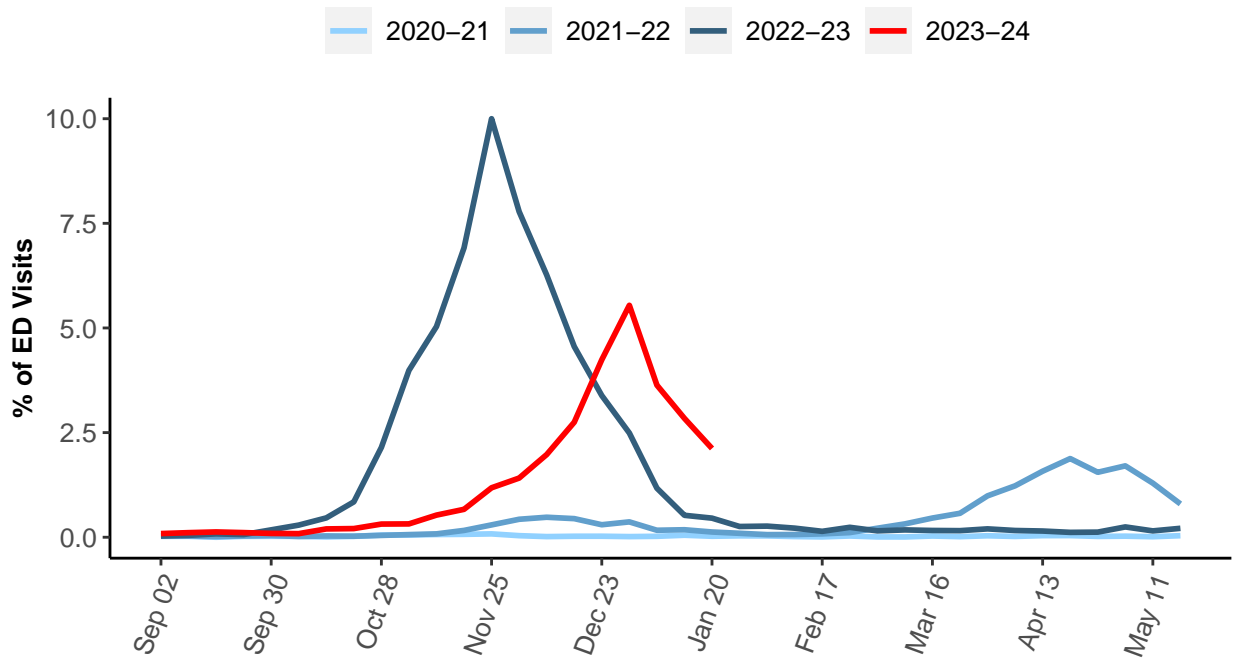
- ED visits and hospitalizations for flu and **COVID-19** have been trending down since the beginning of January.
- Flu-related ICU admission rates are the highest among adults over 65, non-Hispanic Black residents, and children under 5.
- The percent of deaths associated with pneumonia, influenza, or COVID-19 surpassed last winter’s respiratory virus season.
- RSV remains elevated, especially in children under 5, but activity has likely peaked for the season and has been trending down since late November.
- Of specimens tested for influenza, 9.4% are positive. 4.7% of RSV and 6.3% of COVID-19 specimens tested are positive.
- Of specimens positive for influenza, 90% have been influenza A. 244 influenza A specimens have sub-type available. Of these, 67% were pandemic 2009 H1N1 and 33% were H3N2.
- Wastewater detections for influenza and COVID-19 have begun to trend down.
- Recommendations for individuals include staying up-to-date with all **recommended respiratory vaccines**. The CDC recommends everyone six months and older get both an annual flu shot (ideally by the end of October) and an updated 2023-2024 COVID-19 shot. New vaccines are also available for RSV this season. Talk to your health care provider about the RSV vaccine or RSV antibody shot if you have a child under 2, are over 60 years old, or are pregnant. Recommendations also include staying home when sick, avoiding contact with others who might be sick, and practicing good respiratory hygiene like washing your hands and covering your cough.
- Recommendations for communities and healthcare organizations include promoting equitable access to respiratory vaccines and tests, masks, medications, and support services. Support individuals to stay home when sick with respiratory symptoms or testing positive for COVID-19. Clinicians should review guidelines for **antiviral treatment** when respiratory pathogens are co-circulating and healthcare facilities may wish to consider additional **mitigation strategies** such as universal masking and visitor restrictions.

We would like to thank all of our surveillance partners for their help in collecting this information! For additional details on our methods, please visit <https://cookcountypublichealth.org/documents/cd/respiratory-surveillance-methods.html>

Emergency Rooms Visits by Respiratory Virus

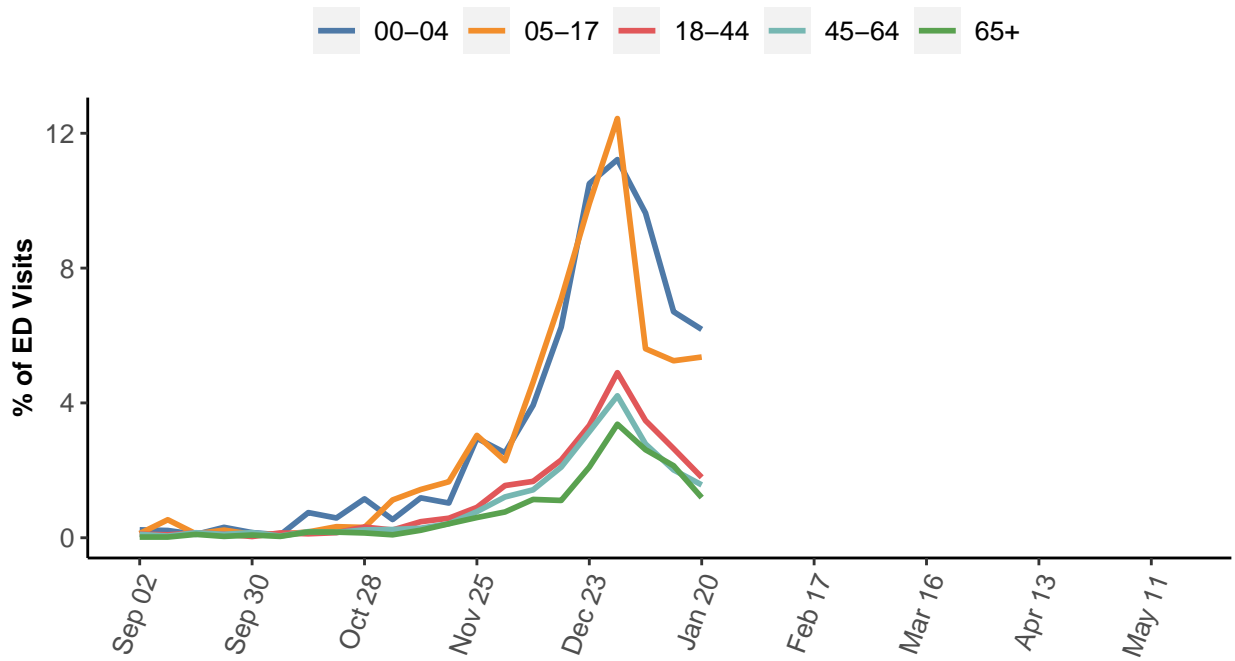


Emergency Rooms Visits for Flu By Season





Emergency Room Visits for Flu by Age



Percent of Respiratory Specimens Positive for Flu

