

RESPIRATORY VIRUS SURVEILLANCE REPORT

Week 01: Jan 04-Jan 10, 2026



Cook County DEPT. of
Public Health

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Purpose: This report describes current trends in suburban Cook County for COVID-19, influenza, and RSV. Selected graphics are presented on pages 2-4. For complete surveillance data on these pathogens, please visit our [respiratory dashboard](#).

Key Points:

COVID-19, Influenza, RSV

- Flu activity has decreased from high to moderate. COVID-19 and RSV activity have both returned to low after being elevated to moderate last week. It's too soon to tell if the season has peaked.
- This week we saw the second pediatric flu death of the season.
- The percentage of emergency department visits and hospital admissions associated with flu, COVID-19, and RSV all decreased this week.
- The percentage of lab specimens testing positive for SARS-CoV-2 (COVID-19) and RSV continues to trend up, but percent positivity for flu specimens has declined for the past two weeks.
- The percent of deaths due to pneumonia, influenza, and COVID-19 rose to 8.1% in early January, near the peak of last year.

Is anything else going around?

- Test positivity for [common human coronaviruses](#) is also elevated. *These viruses are not the same as the virus that causes COVID-19.* They typically cause mild illness, but sometimes can lead to lower respiratory tract illness like pneumonia or bronchitis.

Recommendations

- Some steps for protection from respiratory viruses should be practiced year-round, regardless of the current activity level. These steps include staying up to date with all recommended respiratory [vaccines](#), practicing good respiratory hygiene (covering your cough, washing your hands), taking steps for cleaner [air](#), and staying home when you're sick until you've been fever-free for 24 hours and your symptoms are getting better. People who are at [high risk](#) for severe outcomes should be familiar with treatment options for flu and COVID-19. Organizations can support these recommendations by offering time off when employees are sick, hosting vaccination clinics, maintaining adequate ventilation systems, and encouraging good respiratory hygiene with posters and adequate hand-washing supplies. (Note that CDC offers separate, specific guidance for healthcare settings for reducing transmission of [flu](#), [COVID-19](#), and other [pathogens](#)).
- Respiratory activity decreased this week, but it's too soon to tell if the season has peaked. Respiratory activity is likely to continue for several more weeks. If you haven't been [vaccinated](#) yet, it's not too late.

We would like to thank all of our surveillance partners for their help in collecting this information! Additional details on our methods can be found [here](#).

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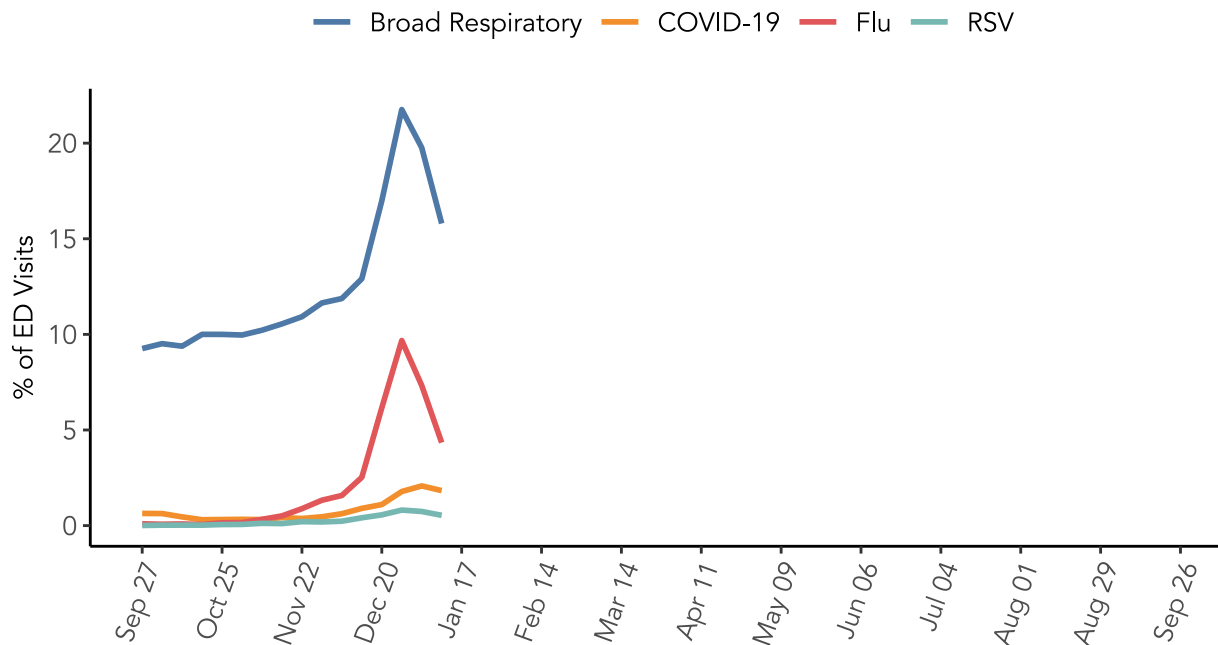
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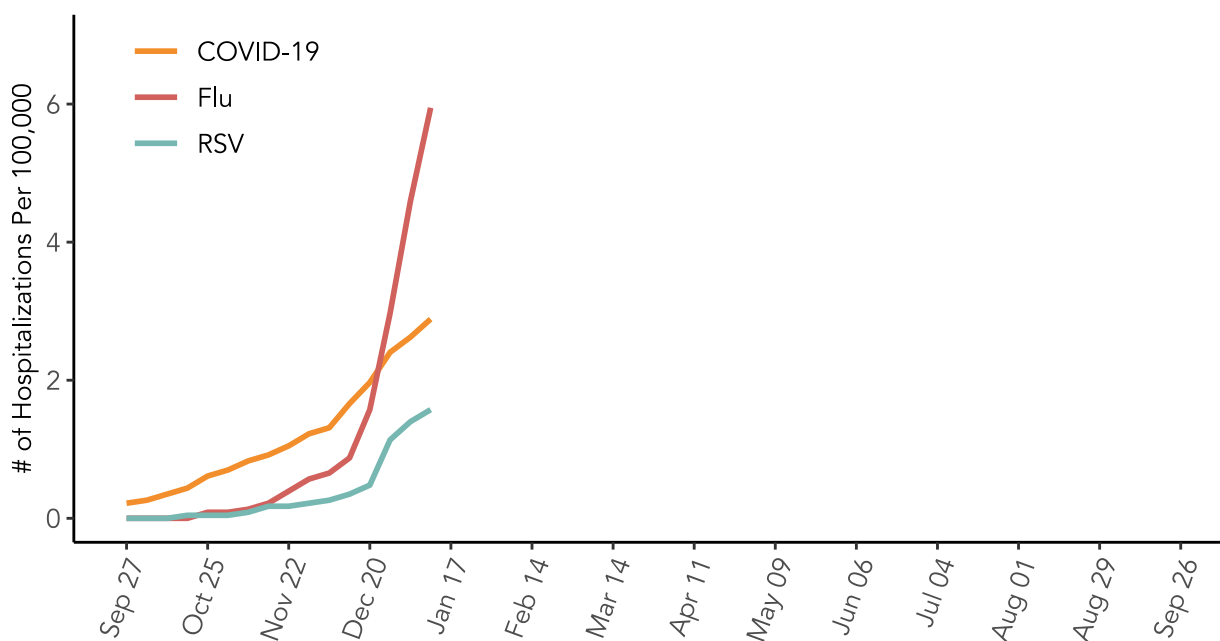
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Emergency Rooms Visits by Respiratory Diagnosis



Cumulative ICU Admission Rate for Reportable Respiratory Viruses



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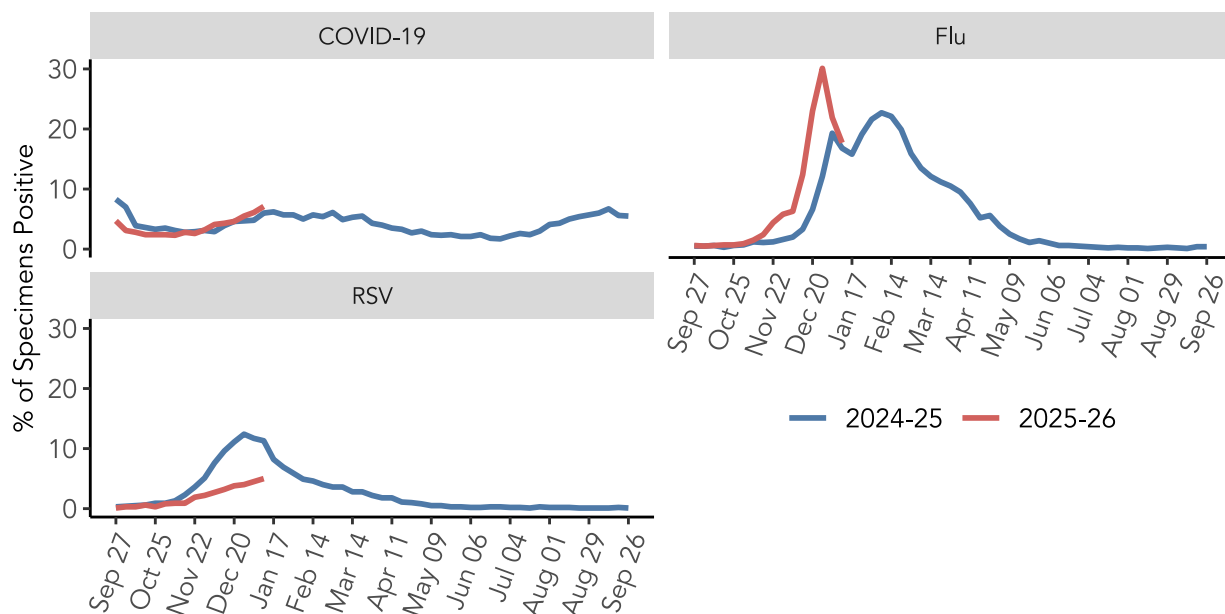


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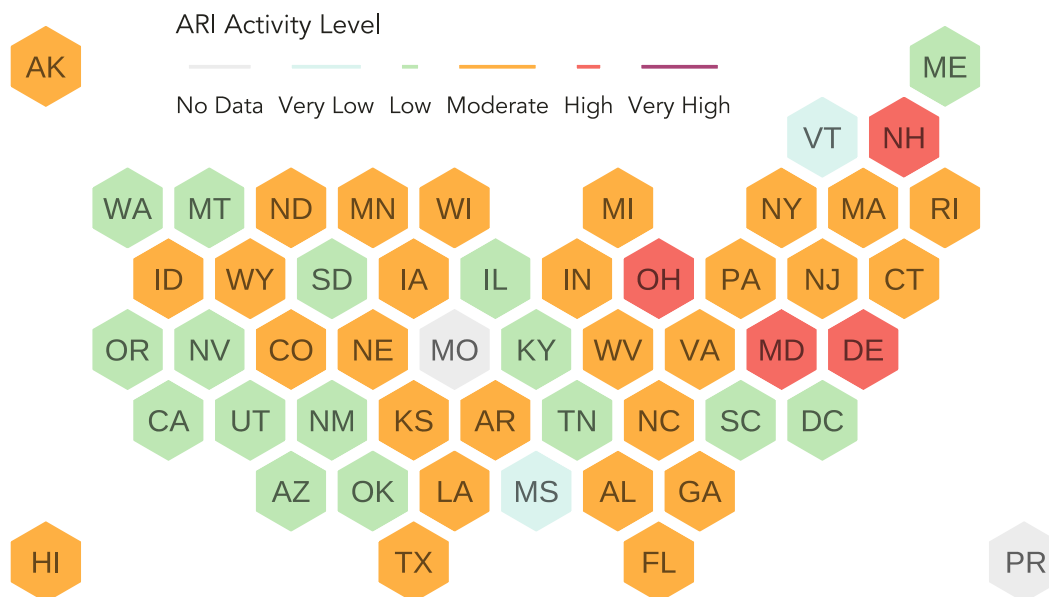
Percent Positivity by Respiratory Virus

Laboratories contributing data differ by pathogen. Lab data may not be comparable between viruses. Graphics are better used to look at trajectory for a given virus over time.



CDC Acute Respiratory Illness Activity Levels by State

Data for the week ending 2026-01-10, most recent CDC data available



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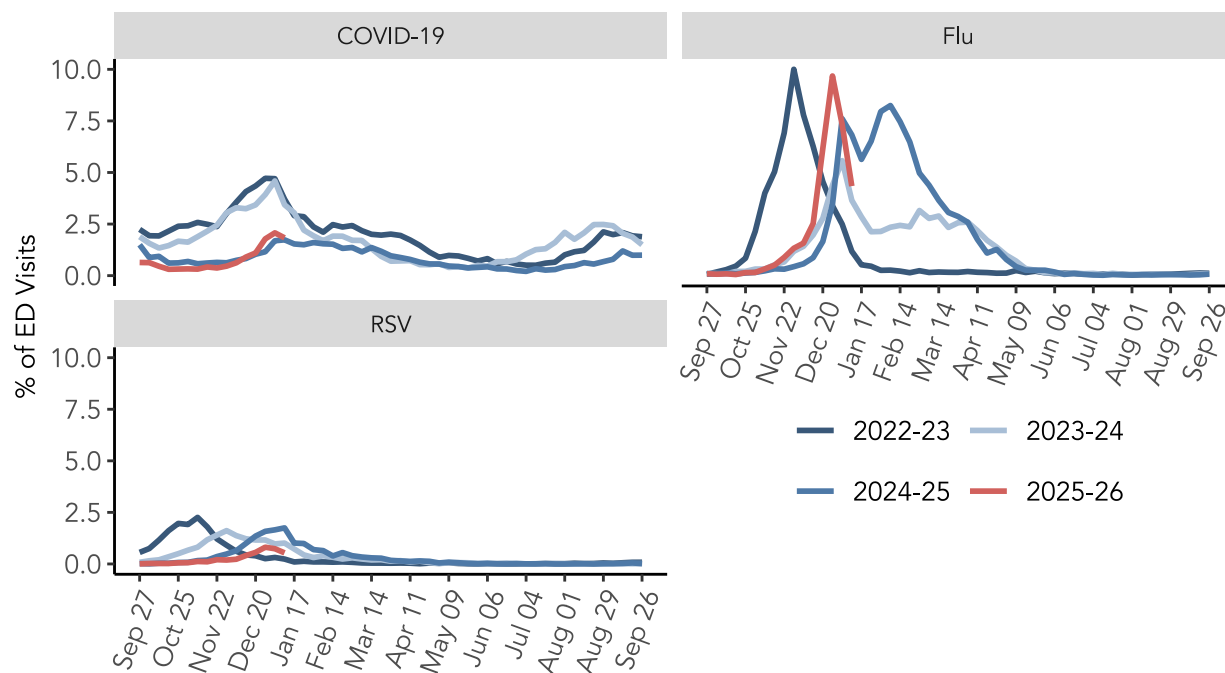
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Emergency Rooms Visits by Season and Diagnosis



Emergency Room Visits by Age and Diagnosis

