

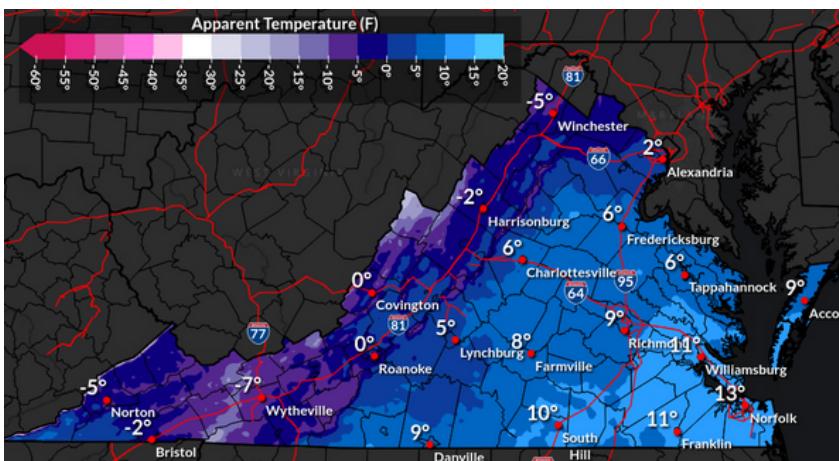
January 09, 2026

### Key Takeaways

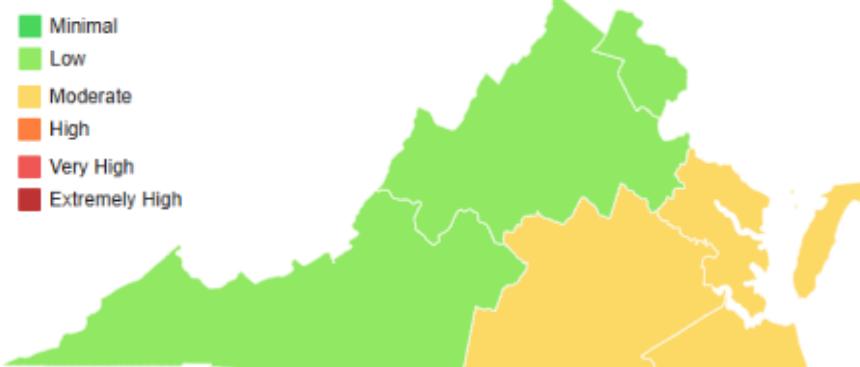
- Respiratory disease activity is moderate and trending down in Virginia and nationally. Activity is mostly driven by flu, but flu activity has continued its decline in the new year.
- Virginia will inaugurate its 75<sup>th</sup> governor this weekend. Multiple events are planned in Richmond.
- South Carolina reported 124 new measles cases in its Upstate outbreak, which now has 434 cases.
- Immigration enforcement-related demonstrations continued, with intense activity in some cities.

### Key Figures

**Minimum Wind Chill**  
5PM Mon Jan 19 to 10AM Tue Jan 20



#### Respiratory Disease Activity Level



### Measles

**168**

Measles cases confirmed nationally in the week ending Jan 13.

### Seasonal Illness

**Moderate**

Overall respiratory disease activity in Virginia for the week ending Jan 10.

**19.2%**

The share of Virginia ED visits for respiratory illness for the week ending Jan 10.

### Key Date

**Jan 17, 2026**

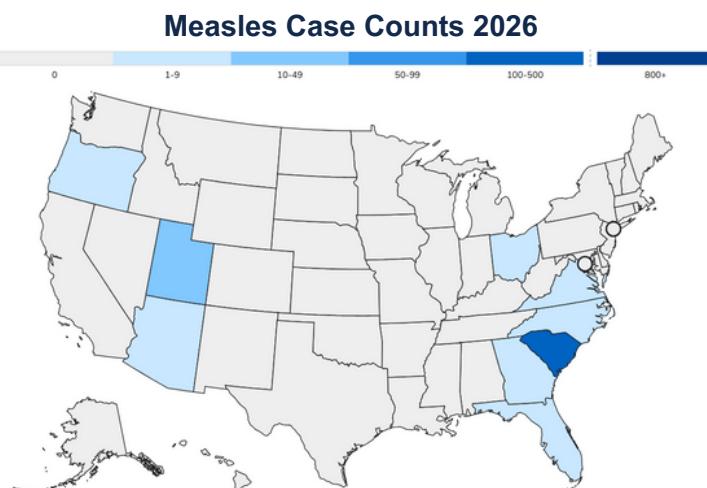
Inauguration of Virginia's 75<sup>th</sup> Governor.

**Spotlight:**  
2025 Key Figures

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## Ongoing Monitored Situations

### Measles



South Carolina has the most reported cases (145) in 2026. 434 cases have been reported in its Upstate outbreak since Oct 2. Image Source: [CDC](#)

- The CDC reports 168 new measles cases in the US in the past week, bringing the 2026 total to 171 cases across 9 US states. Canada reported 32 new cases last week. Mexico reported 222.
- Virginia reported its second measles case of 2026 in a preschool-age child who recently traveled internationally. Potential exposure occurred in Fort Belvoir on Jan 9. The case also traveled on an Amtrak train on Jan 7 from Philadelphia to Washington DC, resulting in additional potential exposure sites.

### Other Monitored Situations

- 3 suspected Marburg cases are under investigation in South Sudan. 2 cases had recent travel to affected areas in Ethiopia. The other is a household contact. Ethiopia has not reported a new case since Dec 22.
- Mexico reported its first case of mpox clade Ib in a person who had recently traveled to Germany. Germany has reported 15 cases of clade Ib mpox, the most recent on Dec 18. The ECDC suspects ongoing transmission of mpox clade I among MSM networks in Europe.

### Seasonal Illness

- In Virginia, overall respiratory activity is moderate and trending down. Flu activity is highest, accounting for 5.4% of all ED visits, down from 8.3% a week ago. Both COVID-19 and RSV activity are stable, accounting for 0.7% and 0.5% of ED visits, respectively.
- Gastrointestinal illness is at or below threshold statewide, accounting for 10.5% of ED visits. GI illness is above threshold in Central Virginia, and at or below threshold in all other regions.
- Hospitals nationwide and in Virginia are delaying elective surgeries and requiring masks due to respiratory disease hospitalizations. Hospitals reported over 55,000 new hospital admissions nationwide due to respiratory diseases.

### Percent of ED Visits for Respiratory Illness in VA



Respiratory disease activity has decreased over the past two weeks. Image Source: [VDH](#)

### Other News

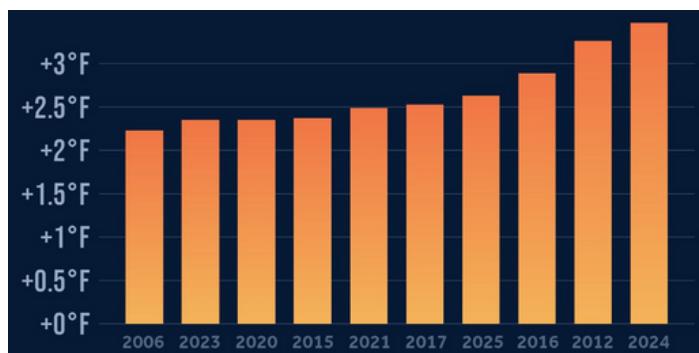
- A major cellular carrier experienced network-wide outages due to a software update error. At least 2.3 million customers reported outages, mostly on the east coast. The outage lasted from noon to 10 PM on Jan 14 and is similar to a 2024 outage at another major telecom company.

### Other News, con't

- **Protest activity** is continuing in the wake of a **fatal shooting by federal immigration agents in Minneapolis**. Both **immigration enforcement** and **protest activity** has become more intense in cities targeted for enforcement leading to **tense confrontations**, including use of fireworks, projectiles and chemical irritants.
- An **arson attack** targeted an historic Jewish synagogue in Mississippi. A **suspect**, who suffered severe burns in the attack, is in custody. In a separate incident, two people suffered minor injuries when a person drove a truck through a demonstration in **Los Angeles**. The demonstration was related to civil unrest in Iran.
- At least **19 states** have announced they will not follow **controversial updates** to the **CDC's childhood immunization schedule**. ASTHO is tracking related **legislative changes** in 15 states and DC. Some **states** have formed public health collaborations to review vaccine evidence, while others are relying on professional organizations.

### Spotlight

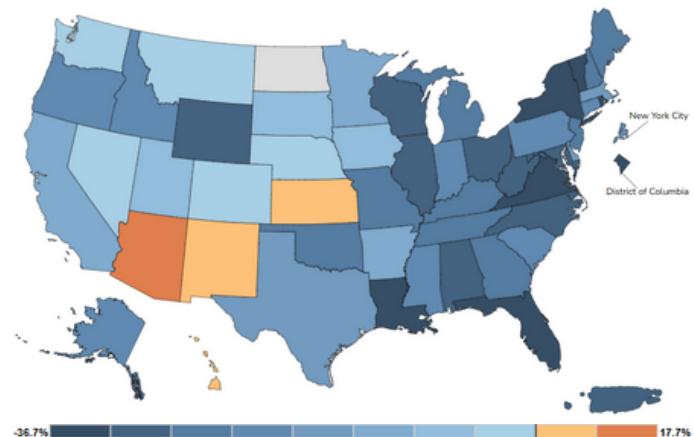
#### Top 10 Warmest Years: United States



2025 was the 4<sup>th</sup> warmest year recorded in the US. 5 of the 10 warmest years have occurred since 2020, and all have occurred since 2006. Globally, 2025 was the 3<sup>rd</sup> warmest on record. Only the prior 2 years (2023 and 2024) have been warmer. The 3-year average is 1.48°C above pre-industrial levels.

Image Source: [Climate Central](#)

#### 12-month Percent Change in Overdose Deaths Aug 2024 to Aug 2025



Overdose deaths dropped 34% in Virginia according to federal data, compared to 21% nationwide. Virginia had the 4<sup>th</sup> largest rate decrease. A recent study linked the nationwide overdose drop, which began in 2023, to [fentanyl supply disruptions](#).

Image Source: [CDC](#)

### 2025 Key Figures

- **Demonstration activity** increased 77% in the US, reaching levels not seen since 2020. 97% of demonstrations saw no violence or police intervention. Firearms were reported at just 50 of nearly 20,000 demonstrations recorded, but 17% of these involved violence: 5 times the rate at demonstrations without a firearm present.
- **23 disasters** causing **\$1 Billion or more in damage** hit the US in 2025, the third highest count on record. These events cost the US \$115 billion and caused 276 deaths. **Virginia** was mostly spared from these events, but had some impact from severe weather events.
- **Virginia** is the 14<sup>th</sup> healthiest state in the nation according to [America's Health Rankings](#). Strengths include low drug use, air pollution and low economic hardship. Challenges include high multiple chronic condition prevalence, insufficient sleep, and a mental health provider shortage.