

January 09, 2026

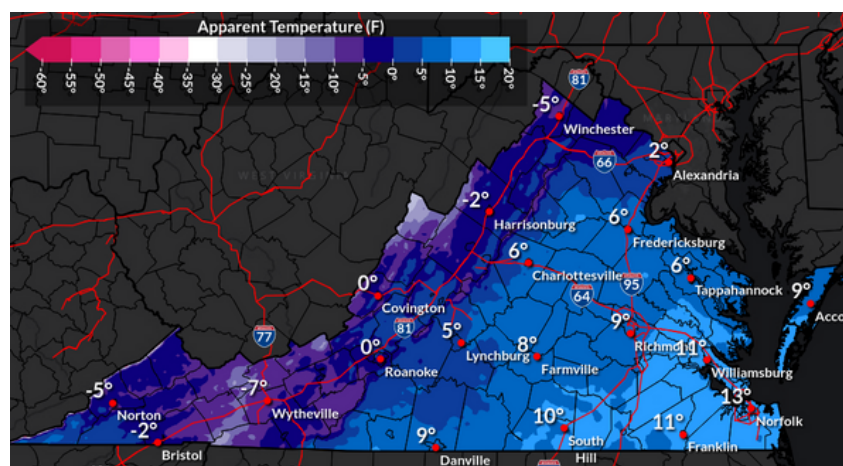
Key Takeaways

- 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 75th 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

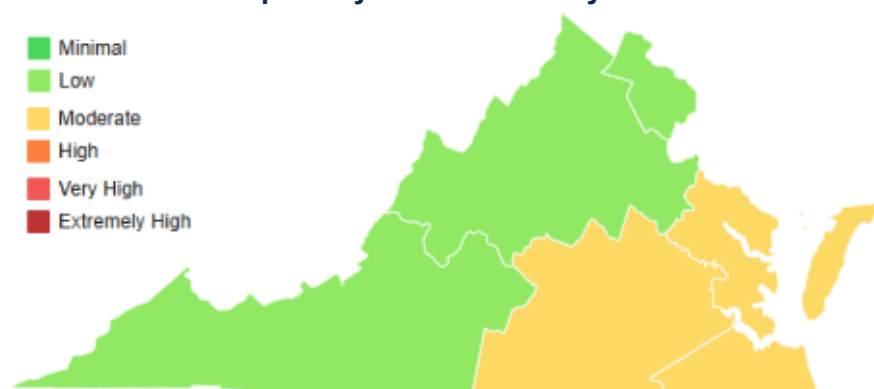
Minimum Wind Chill

5PM Mon Jan 19 to 10AM Tue Jan 20



Frigid temperatures are expected this weekend and early next week, along with the potential for snowfall across much of the state. Image Source: [NWS](#)

Respiratory Disease Activity Level



Flu activity is moderate in Central and Eastern Virginia, and low all other regions. Image source: [VDH](#)

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

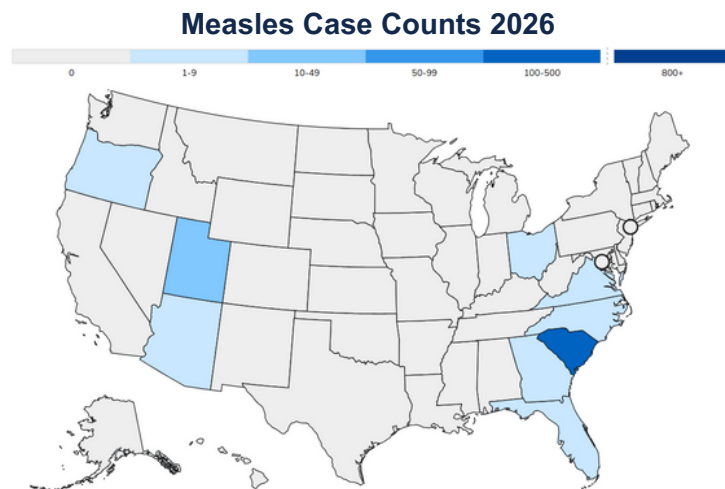
Inauguration of Virginia's 75th Governor.

Spotlight:
2025 Key Figures

[Subscribe to receive this update in your inbox weekly](#)

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.

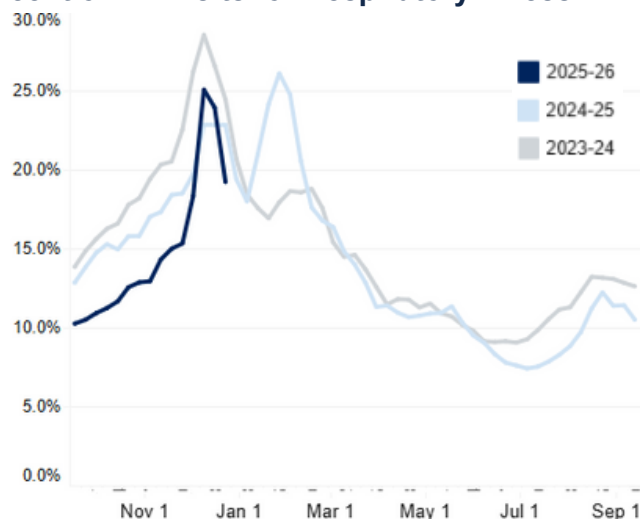
Other Monitored Situations

- **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

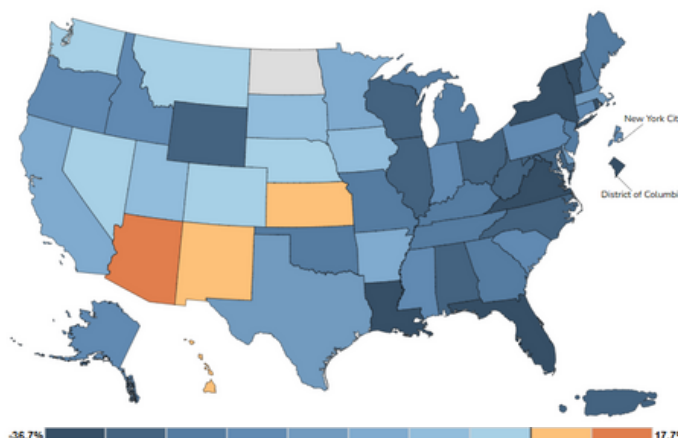
Other News

- 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.

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

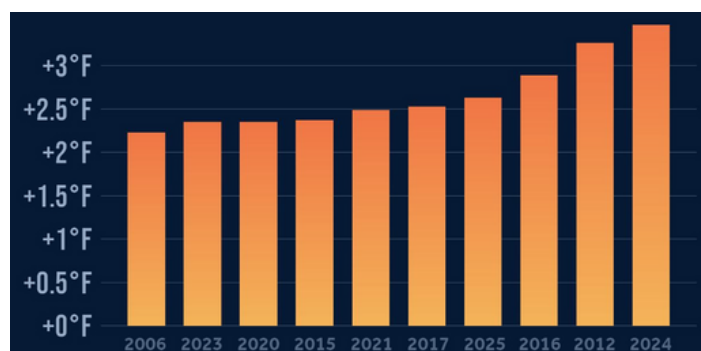


Overdose deaths dropped 34% in Virginia according to federal data, compared to 21% nationwide. Virginia had the 4th largest rate decrease. A recent study linked the nationwide overdose drop, which began in 2023, to fentanyl supply disruptions.

Image Source: CDC

Spotlight

Top 10 Warmest Years: United States



2025 was the 4th 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 3rd 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

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 14th 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.