

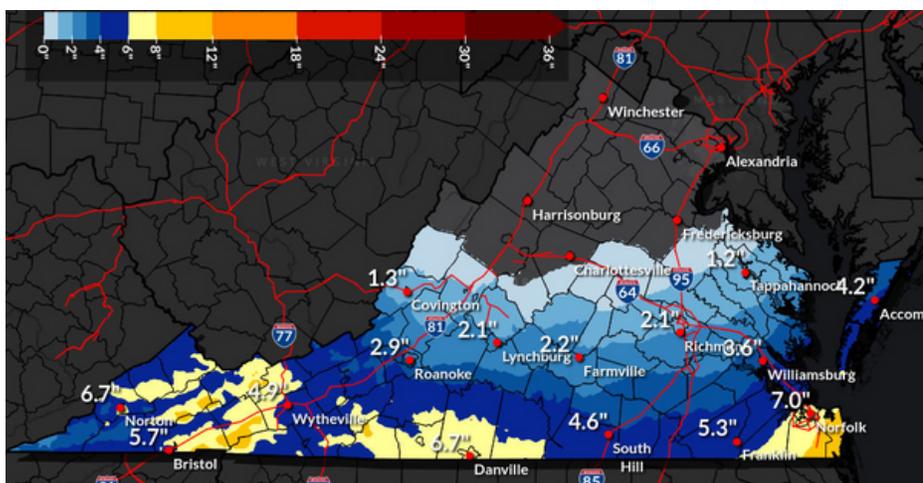
January 30, 2026

## Key Takeaways

- Another winter storm is expected to bring snow to most of the state this weekend. Coastal Virginia could experience blizzard conditions (high snowfall rates, high winds, low visibility).
- South Carolina’s measles outbreak surpassed last year’s West Texas outbreak, becoming the largest this century.
- Ethiopia’s Marburg outbreak is over and the Africa CDC has ended its Public Health Emergency for mpx.
- Nonmedical vaccination exemption rates increased in over half of US counties.

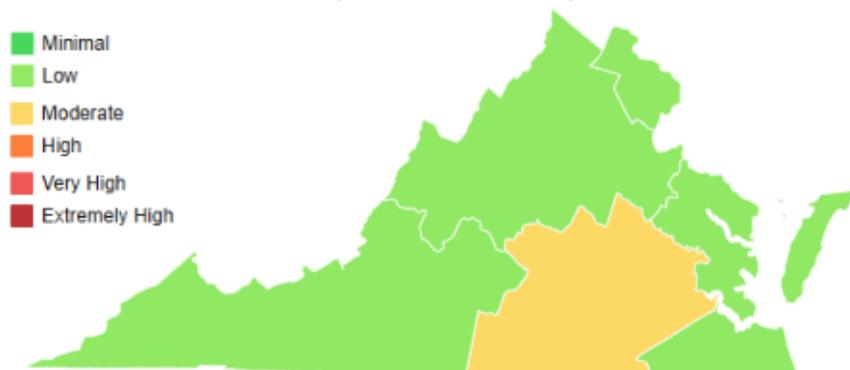
## Key Figures

Event Total Snow Accumulation  
7AM Jan 30 to 7AM Feb 2



Additional snow is expected across much of the state this weekend. Extreme cold will continue to impact all of Virginia. Image Source: [NWS](#)

## Respiratory Disease Activity Level



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

## Measles

172

Measles cases confirmed nationally in the week ending Jan 29.

## Seasonal Illness

Low

Overall respiratory disease activity in Virginia for the week ending Jan 24.

16.3%

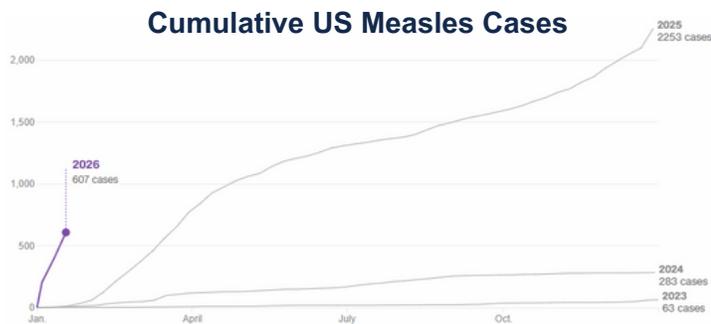
The share of Virginia ED visits for respiratory illness for the week ending Jan 24.

**Spotlight:**  
Winter Weather

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

## Ongoing Monitored Situations

### Measles



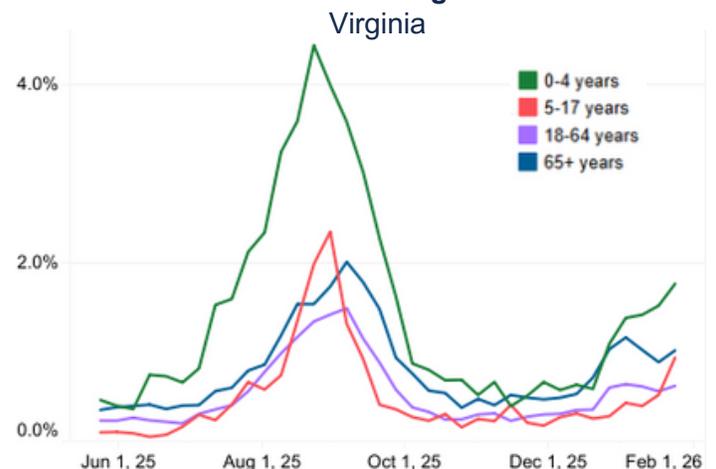
Measles cases are rising quickly in the US at the beginning of 2026. Image Source: [CNN](#)

- The CDC reported **172 new measles cases** in the US over the past week, bringing the 2026 total to 588 cases across 17 US states. [Canada](#) reported 58 new cases last week. [Mexico](#) reported 445.
- [South Carolina](#) reported **143 new measles cases** in the week ending Jan 27, bringing the total there to 789. It is the **largest US outbreak** since measles was eliminated in 2000, surpassing last year's West Texas outbreak by 27 cases.
- **Six countries in Europe and Central Asia lost their measles elimination status.** Austria, Armenia, Azerbaijan, Spain, United Kingdom and Uzbekistan all lost their elimination status.

### Seasonal Illness

- In [Virginia](#), overall respiratory activity is **low and trending down**. Flu activity accounts for 3.8% of all ED visits, down from 5.4% a week ago. Both COVID-19 and RSV activity are stable, accounting for 0.8% and 0.5% of ED visits, respectively.
- **Nationally**, flu activity is **growing or likely growing in 27 states, including Virginia**. Only 7 states in the Northeast have declining or likely declining flu activity.
- **Gastrointestinal illness** is **above threshold statewide**, accounting for 10.8% of ED visits. GI illness is above threshold in Eastern and Northern Virginia and at or below threshold in Virginia's other three regions.
- The current **COVID-19 vaccine** is **57% effective against ED and urgent care visits in adults** according to an [interim analysis](#) from the US Veteran Affairs system. It was also 54% effective against outpatient visits.

#### Share of ED Visits for Diagnosed COVID-19



Despite low overall numbers, COVID-19 activity is rising among children and seniors. Image Source: [VDH](#)

### Avian Influenza

- **Antibodies against HPAI A(H5N1) were found in a single dairy cow in the Netherlands.** The virus was not detected in any other farm animals or in workers but antibody tests are [pending](#).
- **70% of people had detectable antibodies protective against HPAI A(H5N1) in a recent study.** Those born prior to 1947 or from 1997 to 2003 had the highest levels. Those born after 2015 or from 1957 to 1967 had the lowest levels.

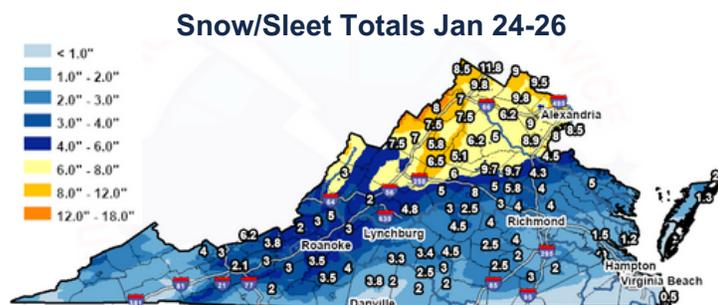
### Other Monitored Situations

- The [Africa CDC](#) has **lifted the Public Health Emergency of Continental Security for mpox**. Despite lower overall numbers, [mpox outbreaks](#) continue to affect countries sporadically.
- **Ethiopia's Marburg outbreak is over.** Two incubation periods (42 days) have passed since the last confirmed case was buried on Dec 14. A total of 19 cases and 14 deaths were reported in the outbreak.

## Other News

- A group of monks walking from Texas to Washington DC entered Virginia this week. The monks have drawn crowds and slowed traffic along their route. They are expected head towards Petersburg after leaving Alberta this morning.
- Hospitals in Galax and Lynchburg received bomb threats this week. A Wythe county hospital received a bomb threat on Dec 30. No threat was identified in any of these cases.
- A CDC report noted that influenza D and canine coronavirus HuPn-2018 are 'major newly emerging threats.' Both viruses are finding new host species and causing subclinical or sporadic infection in humans. Authors recommended increased diagnostics and surveillance.
- Compared to 2010-2020 rates, vaccine nonmedical exemption rates increased in 53.5% of US counties in 2021-2024. Overall, the median county-level nonmedical exemption rate increased from 0.6% in 2010-2011 to 3.1% in 2023-2024. Medical exemption rates were stable. County-level rates provide insight into local gaps and outbreak risks.
- US Capital Police threat assessment cases climbed for the third year in a row. USCP investigated 14,938 threats to members of Congress, families and staff in 2025, up from 7,501 in 2022.
- 38 of 82 CDC databases previously updated at least monthly are not being maintained. 87% of paused databases were related to vaccines.
- The Bulletin of Atomic Scientists' Doomsday Clock advanced to 85 seconds to midnight from 89 seconds last year. It is the closest the clock has been to midnight. Members cited increased nuclear risks, climate change, biosecurity concerns and disruptive technologies as increasing global catastrophic risk.

## Spotlight

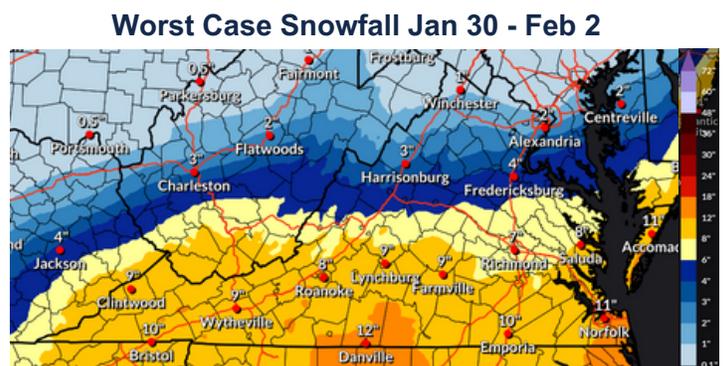


Virginia avoided the worst outcomes from last week's winter storm, but freezing temperatures have extended the impacts from snow and ice. Image Source: [NWS](#)

- Virginia State Police responded to 506 motor vehicle crashes Jan 24-26. The crashes injured 38 people and killed 2. Virginia also recorded over 3,400 ED visits for slips and falls. Meanwhile, over 23,000 Virginia utility customers lost power during the peak of the storm.
- Nationally, over 800k customers were without power Monday morning, while over 250k were still without power Thursday evening. Airlines canceled more than 11,000 flights on Sunday.

## Winter Weather

- Another winter storm will impact Virginia this weekend. Snow is expected over much of the state. More than 4" of snow is expected across Southwest, Southside, Hampton Roads and Eastern Virginia. Gusty winds are also forecasted.
- Coastal Virginia may experience blizzard conditions (high snowfall rates, high winds, low visibility) Sat night into Sun. Major tidal flooding is also expected.



In a worst case scenario (10% chance) Virginia could experience significant snowfall. Image Source: [NWS](#)