

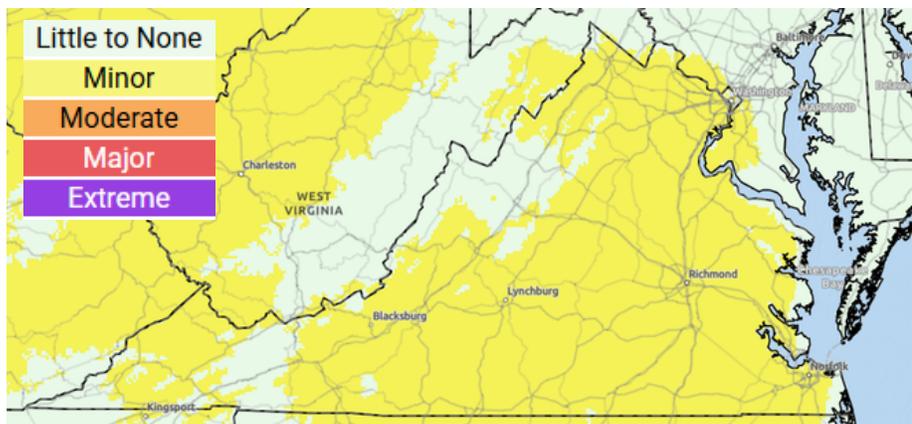
March 6, 2026

Key Takeaways

- Mideast conflict is elevating security concerns. The Dept of Homeland Security notes that large-scale attacks are unlikely.
- Respiratory illness is stable after ticking up last week. Gastrointestinal illness remains above threshold in all Virginia regions.
- VDH reported a potential measles exposure in Centra Lynchburg General Hospital Emergency Department on Mar 2.
- VDH partially lifted its recreational water advisory on the Potomac.

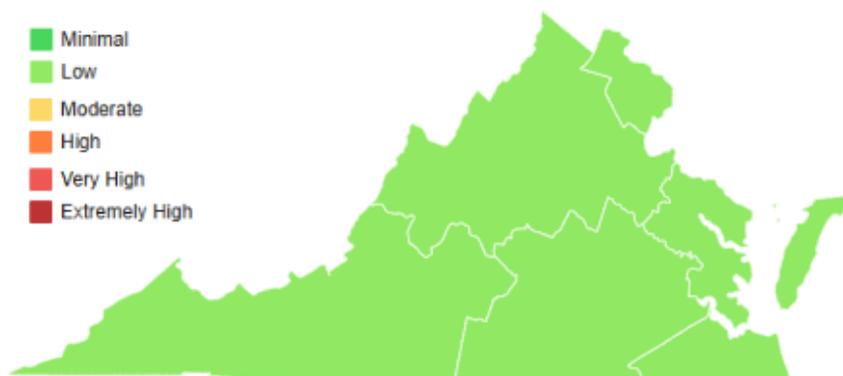
Key Figures

HeatRisk Forecast
Sat Mar 7



Unseasonably warm temperatures will create minor heat risk for most of Virginia over the next week. NWS HeatRisk ratings encompass a spectrum of factors, including seasonal acclimation, heat duration, and overnight heat. Image Source: NWS

Respiratory Disease Activity Level



Flu activity is low in all Virginia regions. Image source: VDH

Measles

145

Measles cases confirmed nationally in the week ending Mar 5.

Seasonal Illness

Low

Overall respiratory disease activity in Virginia for the week ending Feb 28.

13.7%

The share of Virginia ED visits for respiratory illness for the week ending Feb 28.

11.5%

The share of Virginia ED visits for Gastrointestinal Illness for the week ending Feb 28.

Key Date

Mar 18-19

CDC's Advisory Committee on Immunization Practices meeting.

Spotlight:
Mideast Conflict

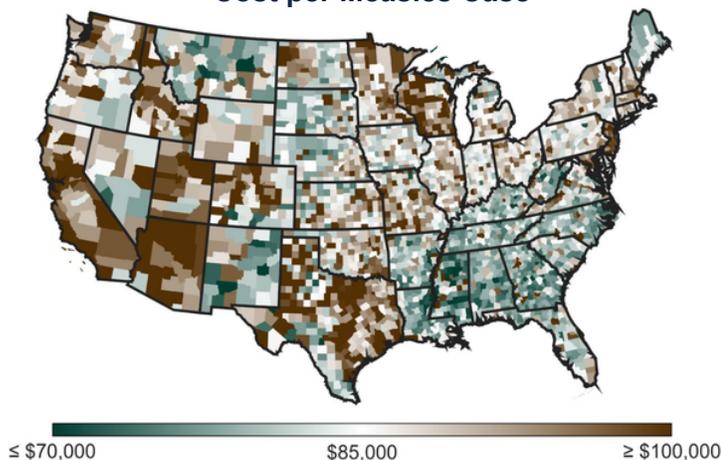
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Ongoing Monitored Situations

Measles

- The CDC reported **145 new measles cases** in the US over the past week, bringing the 2026 total to 1,281 cases across 30 US states. Canada reported 85 new cases last week. Mexico reported 951.
- South Carolina reported **11 new measles cases** in the week ending Mar 3, bringing the outbreak total there to 990. Utah added 35 cases. Texas reported 72, which includes cases from an immigration detention facility there.
- **PAHO delayed the meeting on the US' elimination status to Nov.** US officials requested more time to analyze data, though some noted the new date will occur after key legislative elections.
- **Measles cost the US \$244.2 million in 2025** according to a new estimate. Each case cost an average of \$105,000. Outbreak response accounted for 65% of costs, followed by productivity losses (32%) and medical expenses (3%). A 1% annual decline in MMR coverage could cost the US \$7.8 billion over 5 years.

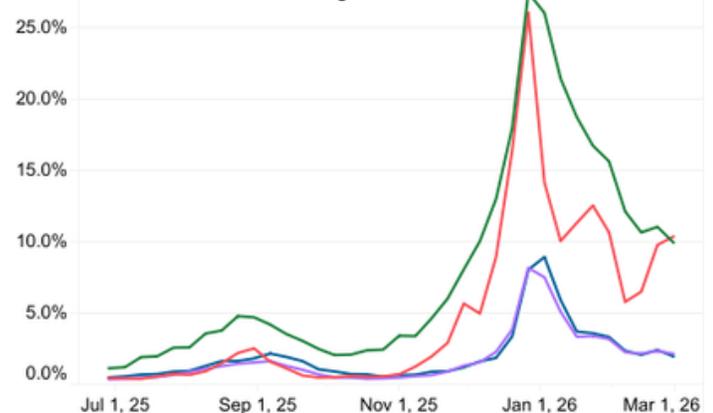
Cost per Measles Case



Costs per measles case varied widely by local MMR coverage, with low coverage correlating with higher costs. Local wages and hospitalization costs played a smaller role. Image Source: medRxiv

Seasonal Illness

ED Visits for Diagnosed Influenza in Virginia



Despite overall declines, flu activity continues to increase among 5-17 year-olds.
Image Source: VDH

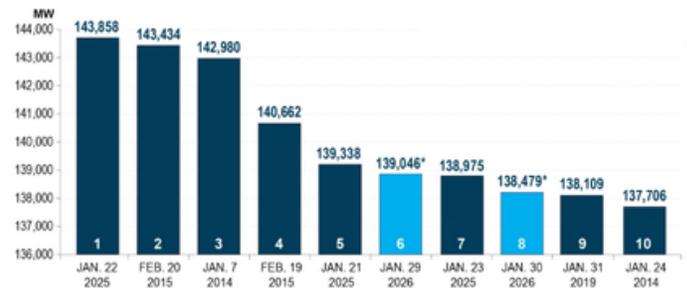
- In Virginia, overall respiratory activity is low and stable. Flu activity declined to 2.3% of ED visits after ticking up to 2.4% a week ago. Influenza B accounts for 62% of lab reports. COVID-19 and RSV activity is low and stable.
- Nationally, flu and COVID-19 activity is declining or likely declining in most states. RSV activity is growing or likely growing in 13 northern US states, with a downward trend in 19 states.
- Gastrointestinal illness is above threshold in Virginia, accounting for 11.5% of ED visits, down from 11.9% last week. GI illness is above threshold in all regions.
- The current flu vaccine elicited antibodies to H3N2 subclade K in a significant number of individuals according to recent analysis. The WHO recommended including subclade K in next season's flu vaccines, along with two other strains.

- **Spain confirmed its human case of swine influenza A(H1N1)v.** The case had no known exposure to swine or contaminated environments. The ECDC assessed the likelihood of further human transmission as very low.

Other News

- **Virginia** and **Maryland** partially lifted recreational water advisories on the Potomac. **Washington DC** lifted restrictions on waters in its jurisdiction. All three jurisdictions are continuing testing near and downstream of the sewage spill.
- **Maryland reported an increase in mumps cases.** 26 cases were reported in 2026 as of Feb 19. **MMR vaccines**, which have seen reduced uptake, protect against mumps as well as measles, though mumps has not seen a similar resurgence.
- **FEMA's Disaster Relief Fund is running low** following winter storms and amid a continuing partial **DHS shutdown**. Additionally, FEMA released over \$5 billion in delayed disaster funding, but allegations of partisanship in **distributing** disaster relief persist.
- **Two separate hospital shootings left 3 dead and 1 wounded.** 2 people, including a patient, were killed in an **Alabama** shooting, while 1 was killed and 1 wounded in a **Wisconsin** shooting.

PJM Top Ten Winter Peak Hourly Demand

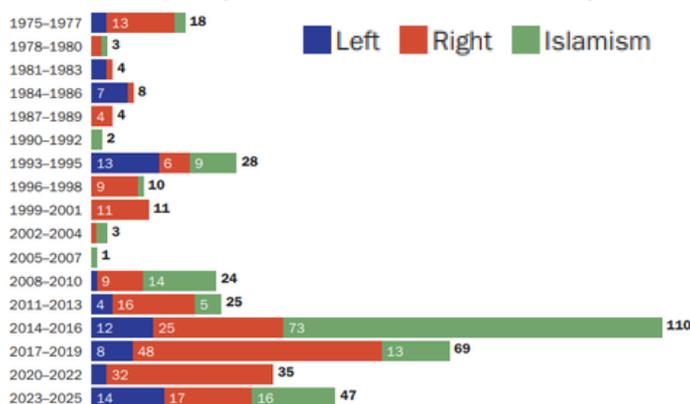


Two of the 10 peak winter hourly demand on the PJM regional grid occurred during last month's winter storms. Image Source: [PJM](#)

- **Data center power drops threatened Virginia's electricity grid in two separate events.** In Feb 2025, 40 data centers simultaneously switched to backup power, while in Jul 2024, 70 centers did. Nationally, over **30 similar incidents** have been reported since 2020. The sudden mismatch in power supply and demand can cause cascading outages.

Other News

Deaths due to Terrorism in the US Excluding 9/11 and the OKC Bombing



Two large-scale events (**9/11** & the **OKC bombing**) account for 88% of terrorism deaths in the US since 1975. Outside of those attacks, terrorism deaths are rare, with 63% caused by domestic extremists. However, the number of deaths has increased over the past two decades. Image Source: [Cato](#)

Mideast Conflict

- **Federal, state and local officials are increasing security** following the outbreak of **conflict** in the Mideast. The **Dept of Homeland Security** noted that large-scale attacks are unlikely, but the **risk** of lone-wolf and cyberattacks is heightened.
- **Police are investigating a mass shooting in Texas as a possible terror incident.** The gunman carried a flag and wore clothing indicating a potential link to the conflict. 2 people were killed and 14 were wounded.
- **Analysts are reporting increased cyberactivity linked to the conflict.** Both state actors and allied 'hactivist' groups are implicated. So far activity has been limited to reconnaissance and denial of service attacks, but attacks targeting critical infrastructure may follow. Overseas **data centers** were targeted physically in the conflict, disrupting some regional services, highlighting their increasing importance and vulnerability.