

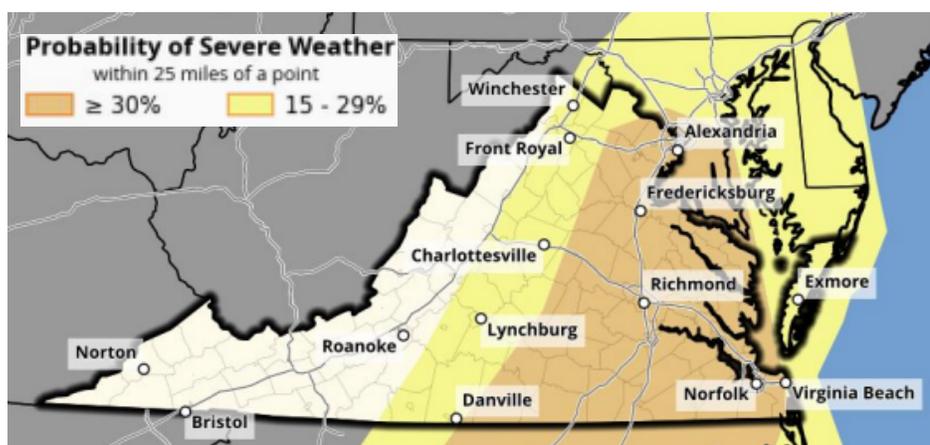
March 13, 2026

Key Takeaways

- Virginia reported 4 new measles cases in the past week, all in Southwest Virginia.
- Several suspected lone-wolf terror attacks have occurred in the past couple of weeks. Federal officials have issued warnings about potential security threats, though no specific threats have been identified.
- Virginia joined the [Northeast Public Health Collaborative](#).

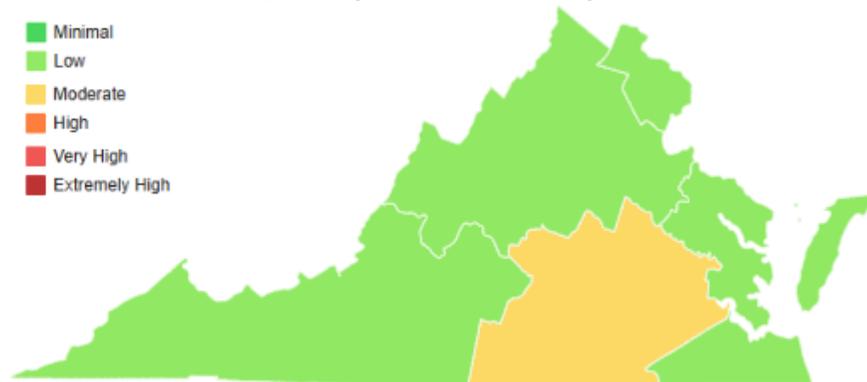
Key Figures

Severe Weather Outlook Monday, Mar 16



Much of Virginia faces enhanced potential for severe weather on Monday, including damaging straight-line winds and tornados.
Image Source: [NWS](#)

Respiratory Disease Activity Level



Flu activity is moderate in Central Virginia. Image source: [VDH](#)

Measles

81

Measles cases confirmed nationally in the week ending Mar 12.

Seasonal Illness

Low

Overall respiratory disease activity in Virginia for the week ending Mar 7.

14.1%

The share of Virginia ED visits for respiratory illness for the week ending Mar 7.

11.6%

The share of Virginia ED visits for Gastrointestinal Illness for the week ending Mar 7.

Key Date

Mar 18-19

CDC's Advisory Committee on Immunization Practices meeting.

Spotlight:
Mideast Conflict
Impacts

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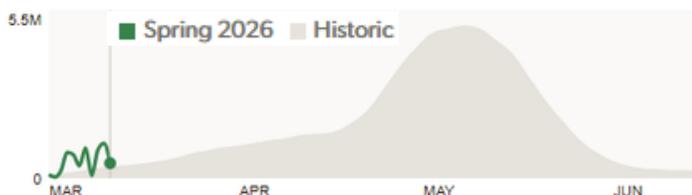
Ongoing Monitored Situations

Measles

- The CDC reported **81 new measles cases** in the US over the past week, bringing the 2026 total to 1,362 cases across 30 US states. Canada reported 74 new cases last week. Mexico's update is delayed.
- Virginia added **4 measles cases over the past week, all in Southwest Virginia**. The cases follow a potential exposure site at a Lynchburg hospital on Mar 2 from a non-resident. Virginia has had 14 measles cases in 2026, compared to 5 in 2025.
- Utah added **47 new cases last week**, bringing the state total to 419 since mid-2025. Texas reported no new cases after reporting 72 last week, which included cases from an outbreak at an El Paso immigration detention facility. South Carolina's outbreak appears to be slowing, with just 3 cases reported in the week ending Mar 10, bringing the outbreak total there to 993.

Avian Influenza

Birds in Flight: Virginia



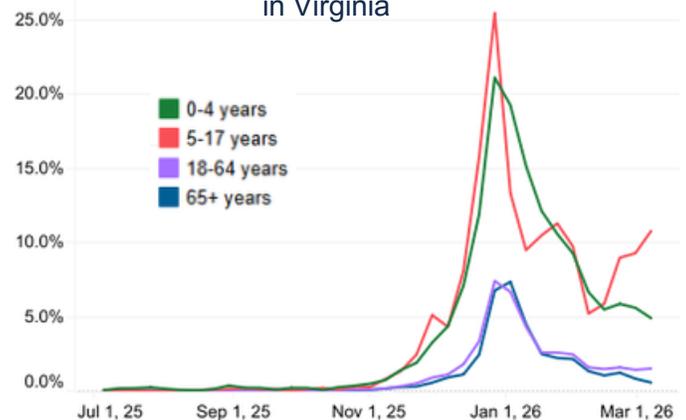
The Atlantic bird migration season has begun, but peak migration occurs in May. The USDA reports 83 commercial and backyard poultry flocks with confirmed HPAI A(H5N1) in the past 30 days, including flocks in Maryland and North Carolina. There have been no detections in livestock since Dec 13, 2025.

Image Source: [BirdCast](#)

- PAHO reports a decline in HPAI A(H5N1) detections in the Americas. The decline in mammalian outbreaks began in March 2025, and in wild birds in mid-summer 2025. Detections in poultry have continued, however, with activity concentrated in North America.

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 increased to 2.5% of ED visits up from 2.3% a week ago. Influenza B accounts for 74% of lab reports. COVID-19 and RSV activity is low and stable.
- Nationally, flu, COVID-19 and RSV activity is declining or likely declining in most states. RSV activity is still growing or likely growing in 9 northern US states.
- Gastrointestinal illness is above threshold in Virginia, accounting for 11.6% of ED visits, slightly up from 11.5% last week. GI illness remains above threshold in all regions.

Other News

- Tick activity is increasing in Virginia. Last year, Virginia reported almost 1,700 cases of Lyme disease, one of several tick-borne diseases endemic to Virginia.
- Over the past couple of weeks, tornadoes have killed at least 8 people across Michigan, Oklahoma and Indiana. Virginia's tornado season peaks in April and May.

Other News

- A rash of criminal activity has coincided with early spring weather in Virginia. Mass shootings occurred in [Dumfries](#), [Richmond](#), and [Virginia Beach](#). Virginia Beach instituted a [youth curfew](#) to curtail large gatherings. Richmond has also seen a rash of [street takeover](#) events.
- A [study](#) found that 5 of 6 [novel viruses](#) reviewed had genetic evolution consistent with zoonotic emergence. The 6th, the 1977 Russian virus, likely emerged from a vaccine lab. Viral adaptation to humans is not a necessary precursor to zoonotic outbreaks. Rather selection for human transmission occurs after emergence in humans.
- An [AI model](#) quickly identified a large number of high-severity vulnerabilities in a popular web browser. The information was used to address the vulnerabilities, but experts worry the same process could be used to automate [cybercrime](#).
- [Climate change](#) is accelerating, increasing at about 0.35 °C per decade. That is nearly twice the rate it was in the 1970s. Among multiple factors, successful reductions in sunlight-reflective particle pollution may be driving the acceleration.

Spotlight

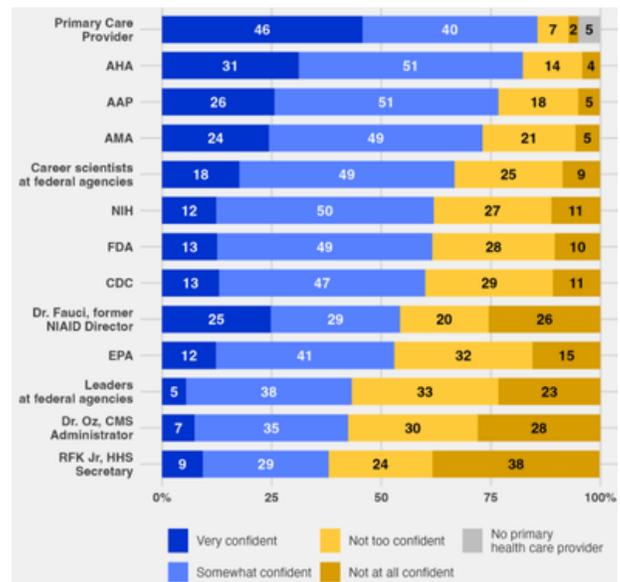
Mideast Conflict-related Demonstrations

Feb 28 to Mar 2



Over 100 demonstrations were held in the three days following the outbreak of hostilities in the Mideast. One was targeted by [explosive devices](#) in a suspected terrorist attack, though no one was injured. Image Source: [ACLED](#)

Confidence in Custodians of Public Health



The public trusts professional health associations and career scientists more than federal public health agencies. Image Source: [Annenberg](#)

Mideast Conflict Impacts

- About one-third of the [global helium supply](#) has been taken offline due to the [Persian Gulf conflict](#). Globally, the [healthcare industry](#) uses about 30% of helium supply, mostly for cooling [MRI machines](#). The US is a net [exporter](#) of helium, and suppliers are likely to prioritize key sectors, including healthcare, amid any shortage.
- A shooting at [Old Dominion University](#) is being investigated as a potential act of terrorism. 2 people were killed, including the shooter, and 2 injured. One guard was injured and the attacker killed in a separate attack on a [Michigan synagogue](#). Outside of the US, at least two US [diplomatic facilities](#) were targeted in suspected terrorist attacks.
- Federal officials have issued warnings about the potential for [lone-wolf](#) and [cyber](#) attacks, encrypted messages possibly directed to [covert operatives](#), and the potential for [drone strikes](#) on the US West Coast.
- A [hactivist group](#) took credit for a [cyberattack](#) on a medical device and service provider, disrupting access to some systems. No malware or ransomware was identified, but a restoration timeline was unknown.