

Respiratory Viruses Update

Diana L. Martínez, PhD, MPH

Deputy State Epidemiologist

Office of the Chief State Epidemiologist

Texas Department of State Health Services

October 9, 2025

Discussion Topics

- 2025-2026 Respiratory Virus Season
- Texas Respiratory Illness Interactive Dashboard
- H5N1 Update



Texas Department of State
Health Services

DISCLAIMER

The information presented today is based current preliminary data and on CDC's recent guidance. Information is subject to change.

October 9, 2025

2025-2026 Respiratory Virus Season



TEXAS
Health and Human
Services

Texas Department of State
Health Services

2025-2026 Respiratory Disease Season Outlook

- The Centers for Disease Control and Prevention (CDC) expects the upcoming fall and winter respiratory disease will likely have a similar combined number of peak hospitalizations due to COVID-19, influenza, and RSV compared to last season.
- The assessments are based on expert elicitation, historical data, and scenario modeling conducted by the Center for Forecasting and Outbreak Analysis for COVID-19, influenza and RSV.

Upcoming 2025-26 combined respiratory disease peak hospitalization rates will likely be similar to last year

Combined peak hospitalization rates of COVID-19, influenza, and RSV

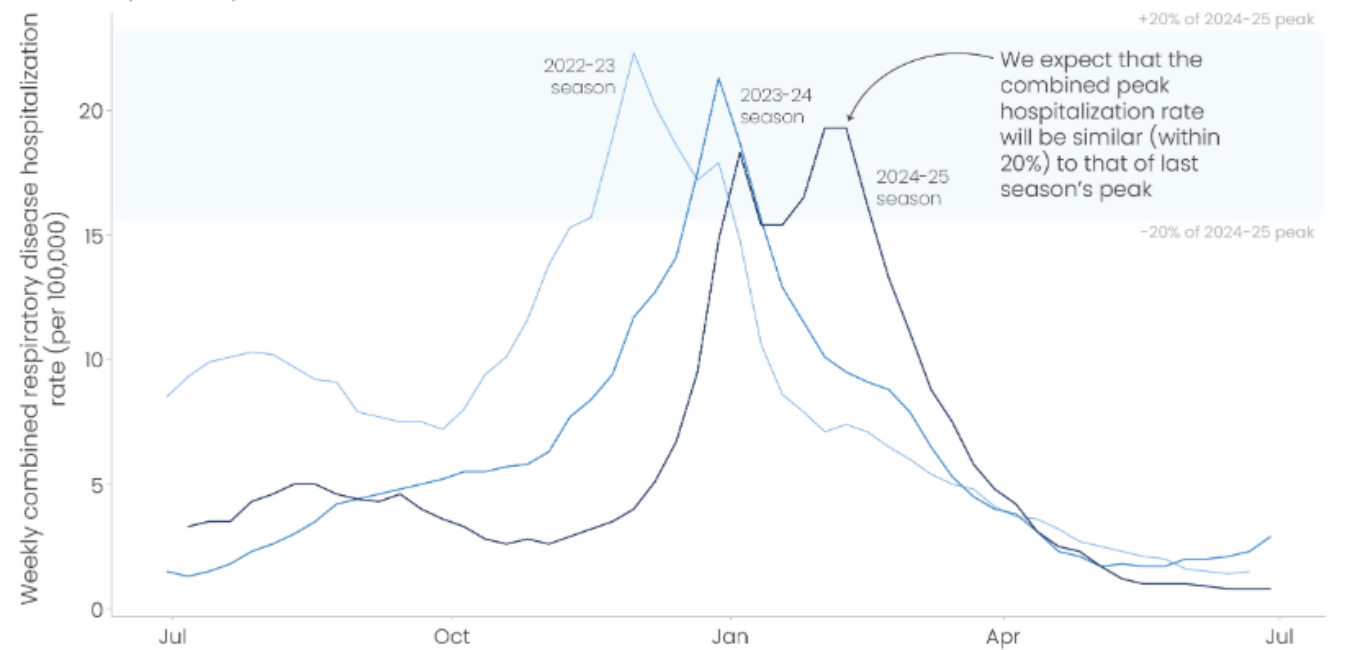


Figure 1. Data for 2022-2023, 2023-2024, and 2024-2025 respiratory seasons are from RESP-NET. Experts believe it is most likely that the combined peak hospitalization rate for COVID-19, influenza, and RSV during the 2025-2026 season will be similar to that of last season (within 20% of the 2024-2025 peak), represented by the blue band on the plot.

2025-2026 Respiratory Disease Season Outlook

- The following factors could drive higher peak rate:
 - Emergence of a new SARS-CoV-2 variant with an increased ability to evade the body's prior immunity, or a new variant associated with higher clinical severity
 - Predominance of an influenza subtype with more severe outcomes
 - Lower vaccine uptake or effectiveness, including:
 - Lower than expected uptake of the COVID-19 vaccine, influenza seasonal vaccine, or RSV immunizations
 - Lower effectiveness against COVID-19-, influenza-, or RSV-associated hospitalizations than for the 2024-2025 immunizations

Texas Respiratory Illness Interactive Dashboard



TEXAS
Health and Human
Services

Texas Department of State
Health Services

[Home](#)[Emergency Room Visits](#)[Hospitalizations](#)[Viral Respiratory Deaths](#)[DSHS Website](#)

Statewide Snapshot

Data Trend from Previous Week



Last Updated on 10/02/2025

Click on respective tiles or scroll down for additional information

Emergency Department Visits

Data through 09/27/2025

COVID-19: ▼ Decrease

Influenza: ▲ Increase

RSV: ▲ Increase

Hospitalizations

Data through 09/27/2025

COVID-19: ▼ Decrease

Influenza: ▲ Increase

RSV: No Change

Deaths

Data through 09/13/2025

COVID-19: ▲ Increase

Influenza: ▲ Increase

RSV: --

TX Statewide Emergency Department Visits

COVID-19, Influenza, and Respiratory Syncytial Virus

- Uses Texas Syndromic Surveillance Program (TxS2) which is the statewide syndromic surveillance system hosted by the Texas Department of State Health Services (DSHS).
 - Includes data from participating providers around the state including hospitals, free standing emergency centers, and urgent care centers.
- An emergency department visit associated with COVID-19, Influenza (Flu), or Respiratory Syncytial Virus (RSV) is determined by querying the participating providers' data system for the reported discharge diagnosis codes.

Weekly Emergency Department Visits by Age Group

Select a Geography:

Statewide

Select an Age Group:

All Ages

Select a Date Range:

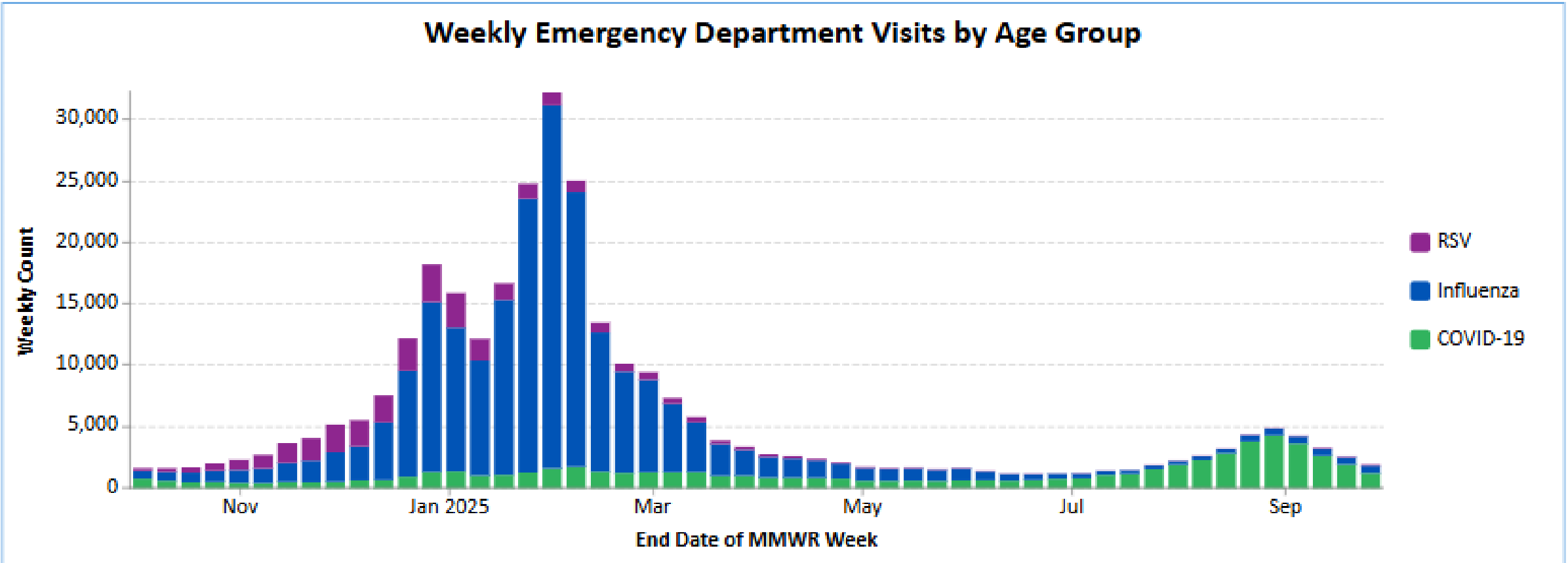
10/1/2024

and

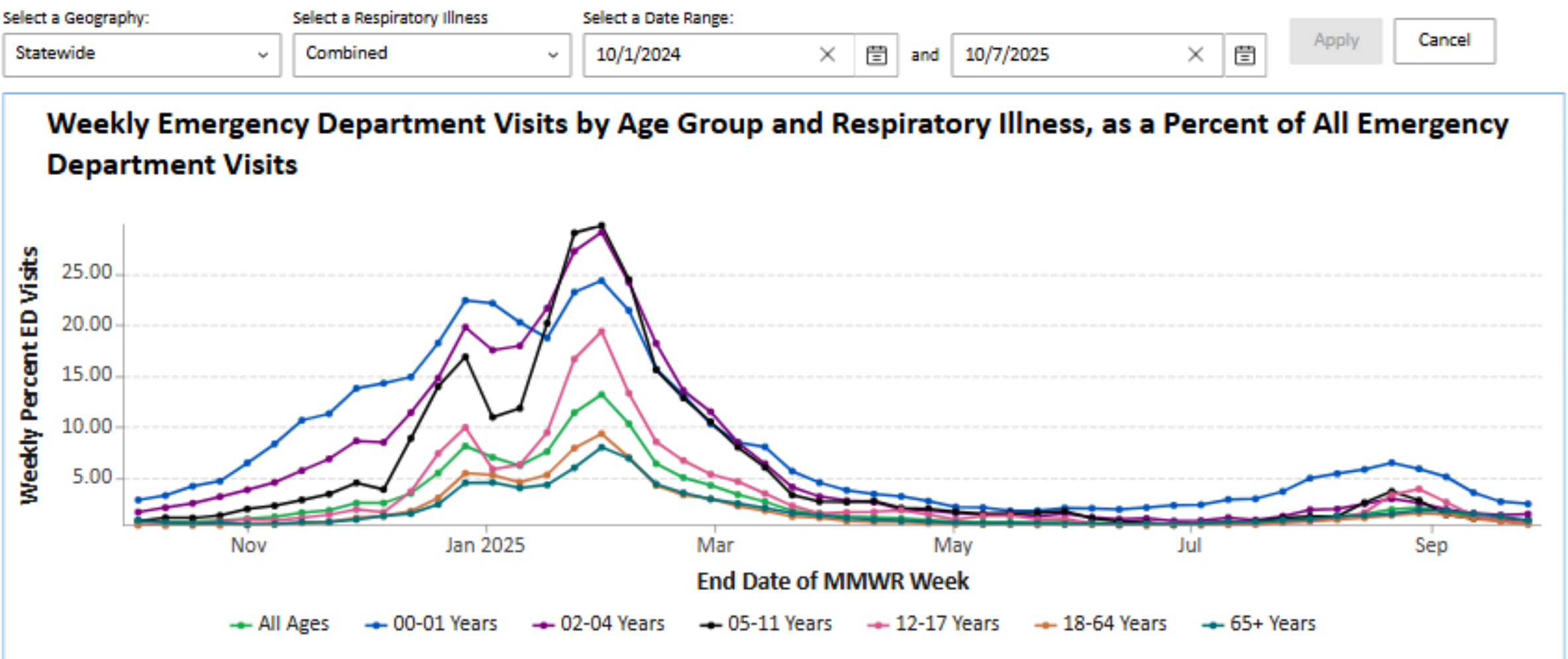
10/7/2025

Apply

Cancel



Weekly Emergency Department Visits by Age Group and Respiratory Illness, as a Percent of All Emergency Department Visits

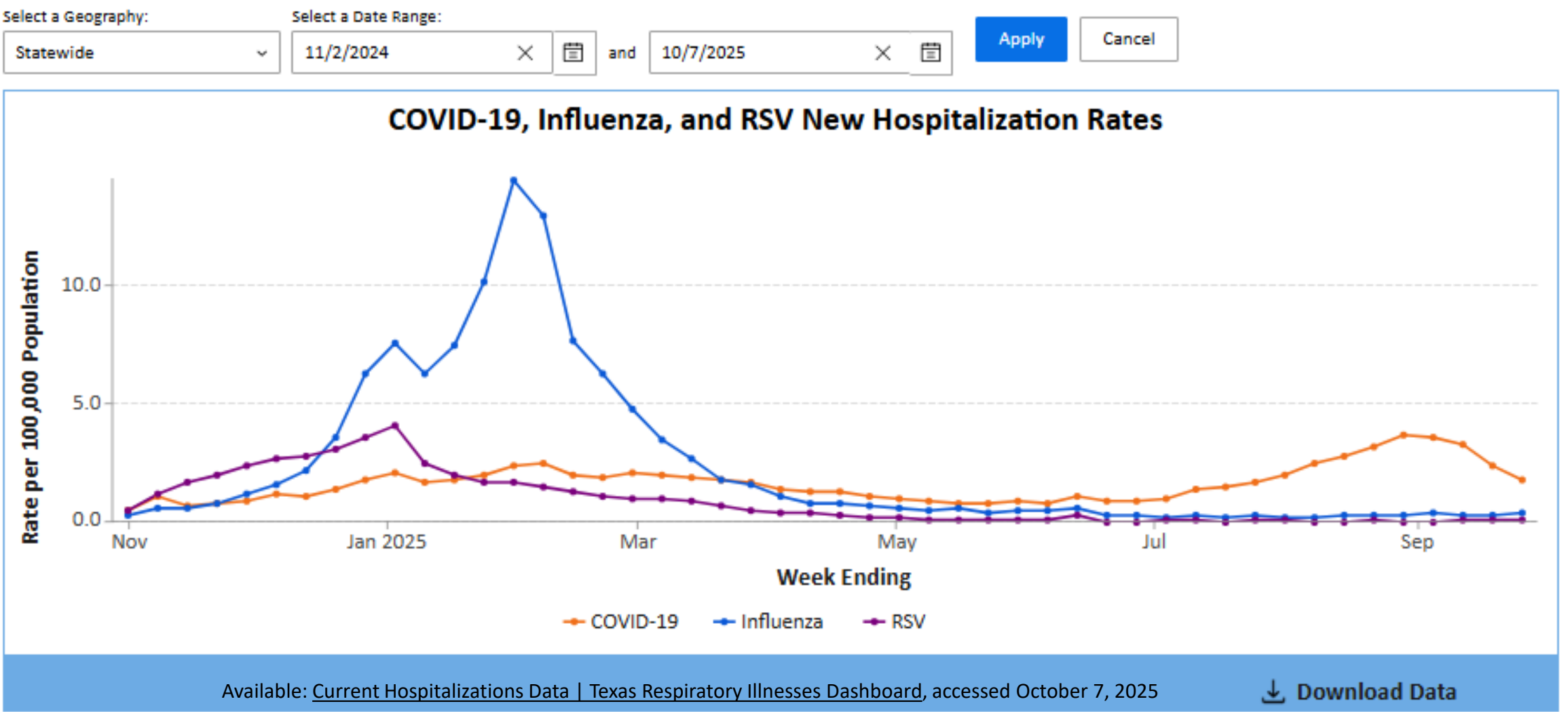


TX Statewide Hospitalization Data

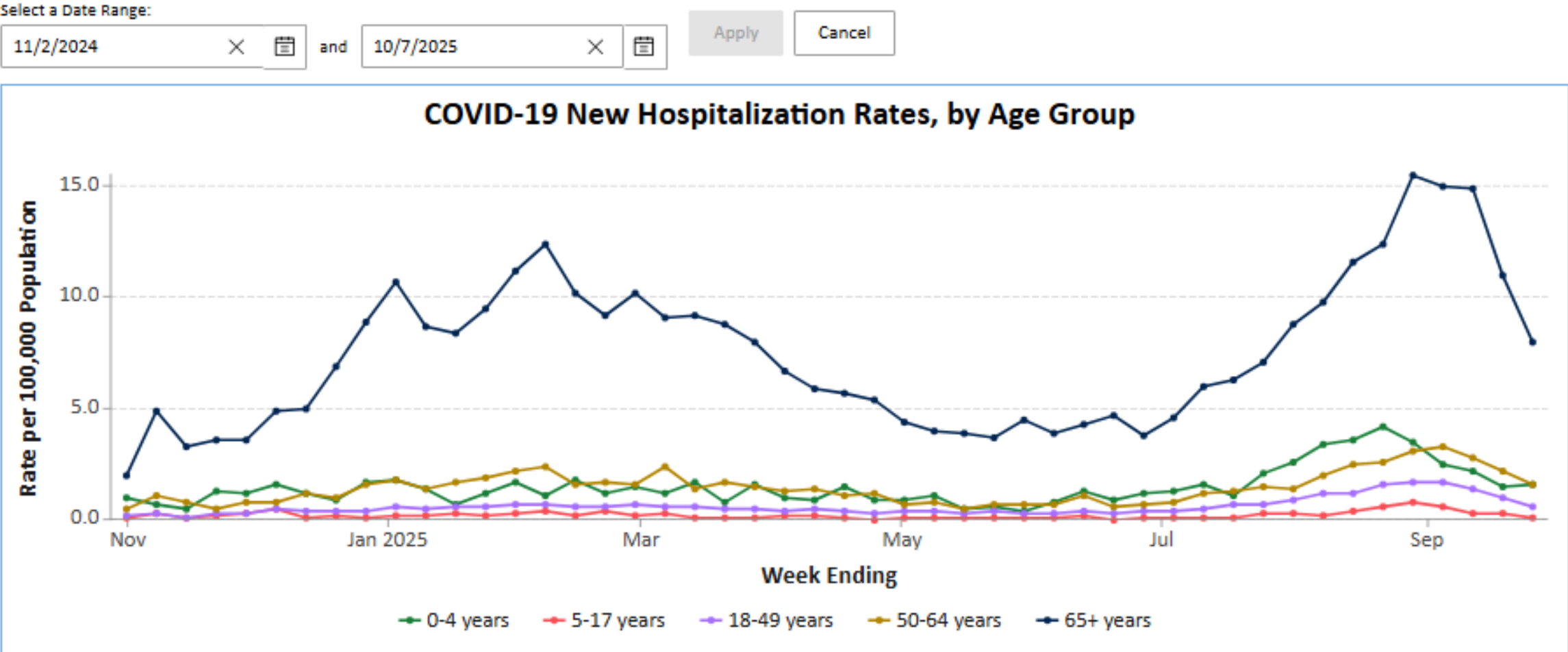
COVID-19, Influenza, and RSV

- CMS requires all healthcare facilities to report:
 - weekly the number of newly admitted and hospitalized patients with confirmed COVID-19, influenza, and Respiratory Syncytial Virus (RSV)
 - total bed census and capacity, both overall and by critical hospital units and
 - limited patient demographic information, including age
- This data are from the Center for Disease Control and Prevention's (CDC) National Healthcare Safety Network (NHSN)

TX Statewide New Hospitalization Rates for COVID-19, Influenza, and RSV



TX Statewide COVID-19 New Hospitalization Rates, by Age Group



TX Statewide Trends in Viral Respiratory Deaths

COVID-19, Influenza, and Respiratory Syncytial Virus

- [Vital Statistics Services](#) manages the registration of all vital events in Texas, and the [Center for Health Statistics](#) (CHS) manages and disseminates the data.
- Death data are based on a subset of variables collected on the Texas Certificate of Death.
- A COVID-19/Influenza/RSV associated death is determined by the specific ICD-10 code recorded as either an underlying or contributing cause of death on the death certificate.
 - These codes are as follows: COVID-19 (U07.1), Influenza (J09-J11), Respiratory Syncytial Virus (J12.1, J20.5, J21.0).

Statewide Trends in Viral Respiratory Deaths

Select a Date Range:

10/1/2024



and

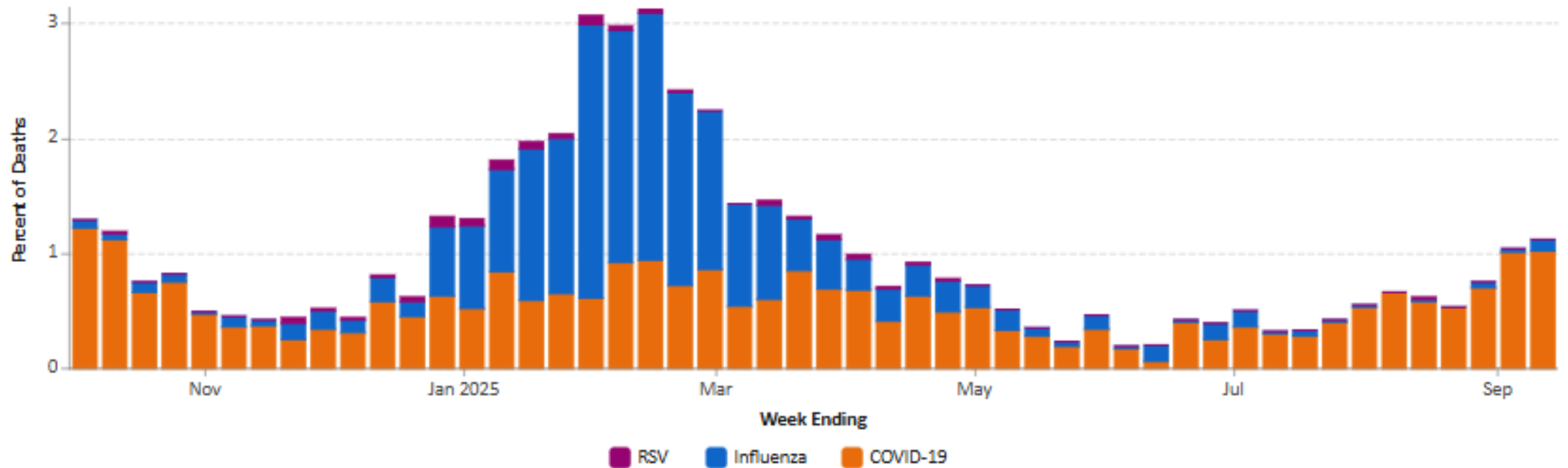
10/7/2025



Apply

Cancel

Trends in Viral Respiratory Deaths in Texas



Available at: Texas Respiratory Illness Dashboard, [Deaths](#) | [Texas Respiratory Illnesses Dashboard \(arcgis.com\)](#) accessed October 7, 2025

Download Data

Statewide Trends in Viral Respiratory Deaths by Age

Select a Date Range:

10/1/2024



and

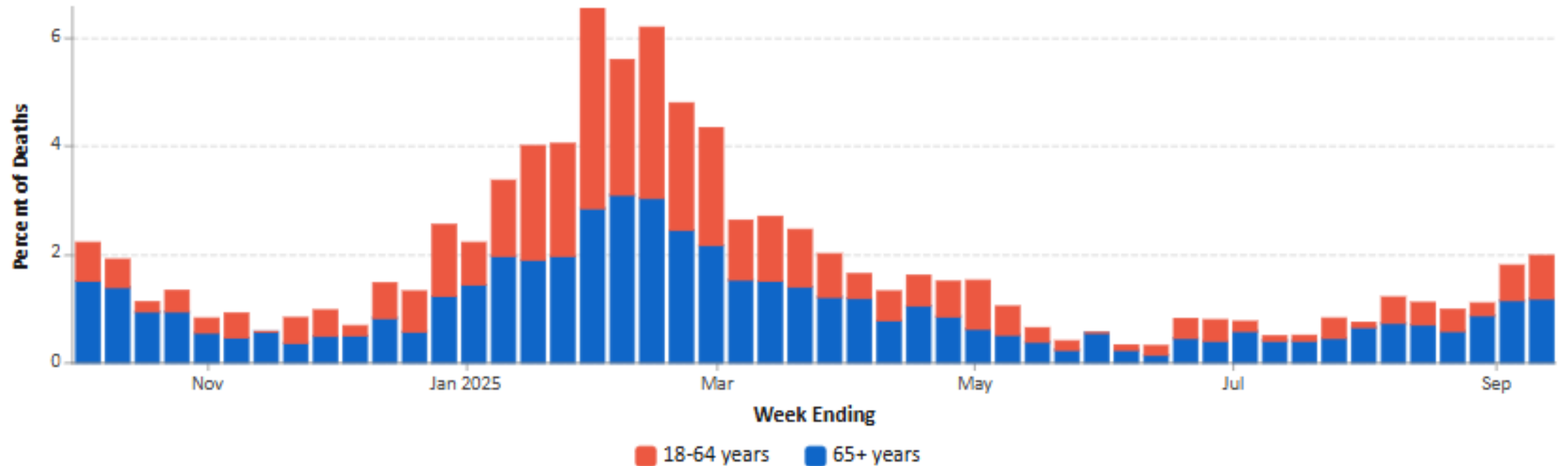
10/7/2025



Apply

Cancel

Trends in Deaths for Viral Respiratory Illness, by Age

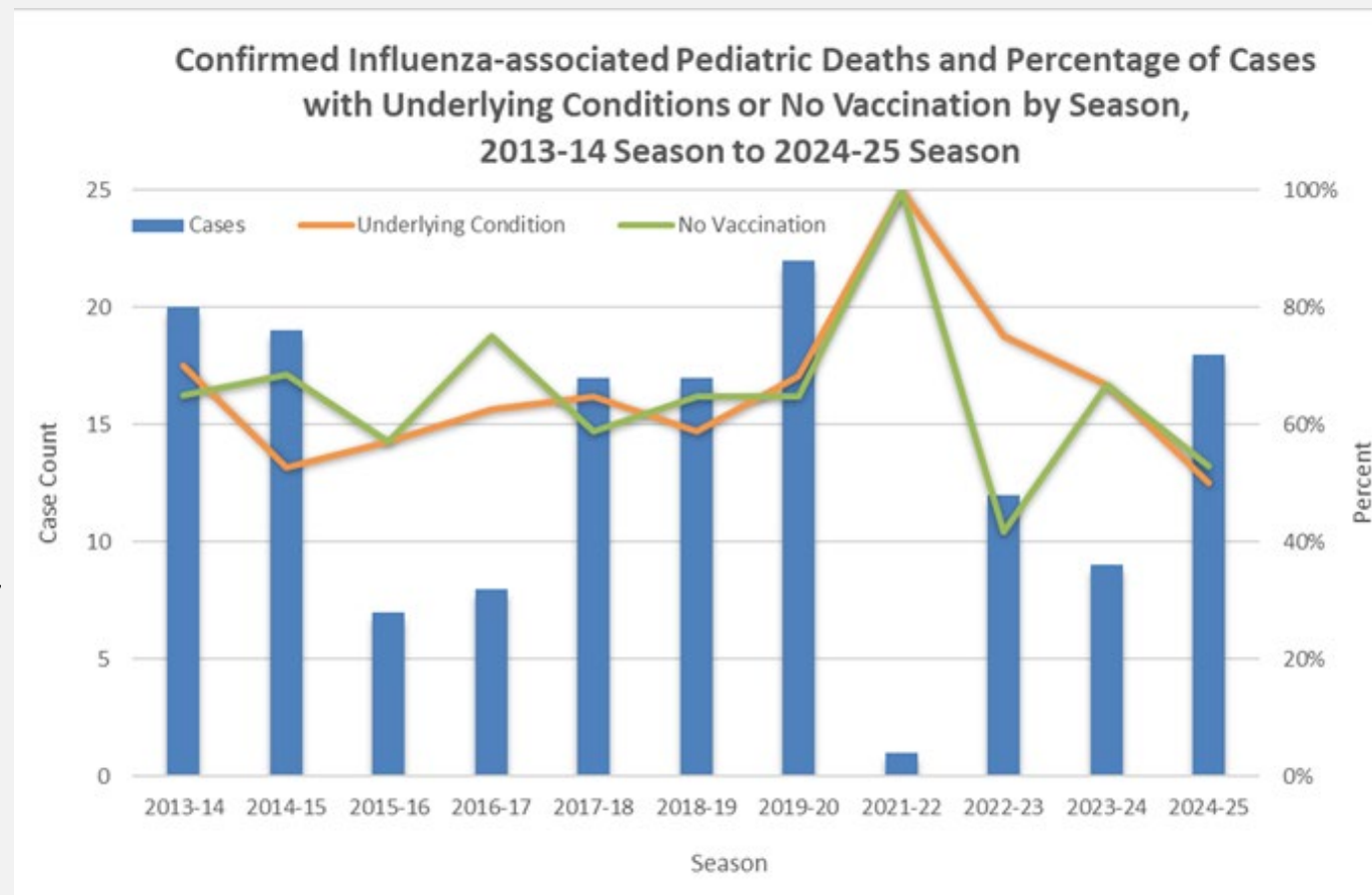


Available at: Texas Respiratory Illness Dashboard, [Deaths](#) | [Texas Respiratory Illnesses Dashboard \(arcgis.com\)](#); accessed October 7, 2025

[Download Data](#)

Influenza-associated Pediatric Deaths (2013-2025)

- Influenza-associated pediatric deaths are reportable in Texas.
- Over an 11-year period excluding the 2020-2021 season;
 - 62.7% of the pediatric deaths were in children with underlying conditions, and
 - 57/3% in children **without** a history of influenza vaccination.



H5N1 Update



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Global H5N1 Situation Summary

- Between January 1 and August 4, 2025, 26 human infections with avian influenza A(H5N1) viruses (H5 bird flu) have been detected globally.
 - 23 were identified in 7 countries outside of the United States (US)
 - 11 infections that resulted in death.
 - The three cases in the US were previously reported, and there have been no cases reported in the United States since mid-February 2025.
- The 11 deaths occurred in Cambodia (8), India (2), and Mexico (1).
 - All of these infections were in people with likely or reported direct contact with poultry and/or wild birds.
- No person-to-person spread was identified in any of these cases, and their occurrence is not thought to change the health risk to the U.S. public, which remains low at this time.

U.S. H5N1: Situational Summary

There have been NO cases reported in the United States since mid-February 2025.

Person-to-person spread

NONE

There is no known person-to-person spread at this time.

Current public health risk

LOW

The current public health risk is Low.

Cases in the U.S.

70 cases

Deaths in U.S.

1 death

Thank you