Texas Department of State Health Services Public Health Region 8

Influenza Activity Report

This report is a summary of the influenza activity reported to the Texas Department of State Health Services (DSHS) Public Health Region 8 (PHR 8) Epidemiology Program. To report a notifiable condition, participate in our influenza surveillance program, or for questions regarding this report, please email: Region8.Epi@dshs.texas.gov

Influenza is a respiratory illnesses causes by virus, which is spread by droplets when a sick person coughs or sneezes. Vaccination, wearing a mask, hand-washing, covering your cough, and social distancing are all good methods of protecting yourself and others from becoming sick with respiratory illnesses. For more information about preventing flu, visit: https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm

Definitions:

Influenza Surveillance: Most influenza surveillance is voluntary in the State of Texas. The influenza data included in this report are compiled from weekly reports submitted by flu surveillance partners in Region 8 and records submitted to Texas Syndromic Surveillance (TxS2) that meet criteria for influenza-like illness (ILI).

Syndromic Surveillance: Syndromic surveillance data is collected from emergency departments and other participating facilities that submit data to the TxS2 program.

Morbidity and Mortality Weekly Report (MMWR): The reported influenza activity presented in this report is grouped by MMWR week, as determined by CDC.

The data presented in this report are preliminary and subject to change until case counts are finalized for the reporting MMWR year.

TEXAS Health and Human Services

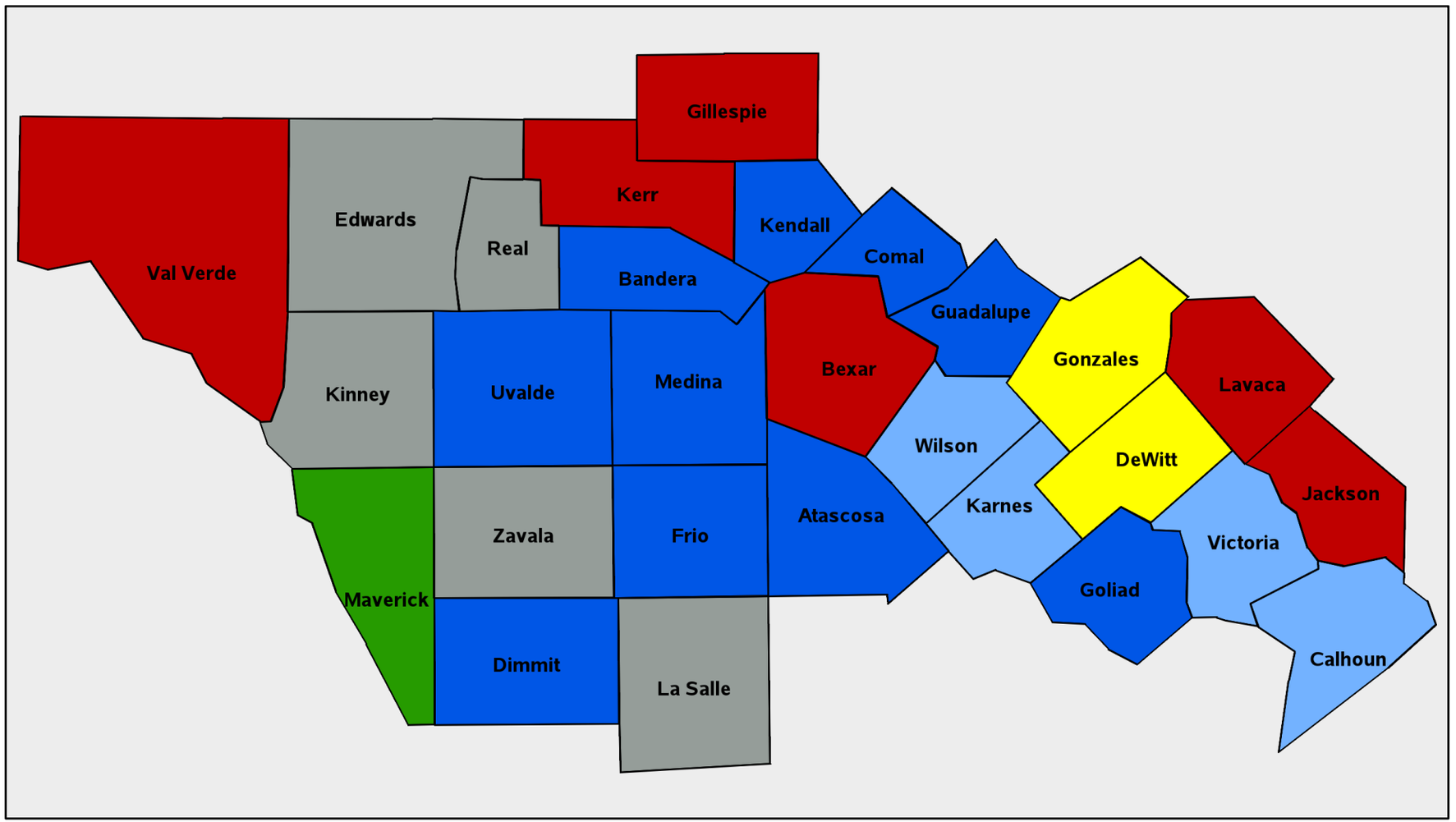
Texas Department of State Health Services

Public Health Region 8
MMWR Week 07
Week Ending 2/21/2026

TEXAS Health and Human Services | Texas Department of State Health Services

Influenza

Reports were received from 23 counties during MMWR Week 7. No antiviral resistance, variant influenza viruses, or influenza-associated pediatric mortalities were reported this week. No outbreaks were reported this week. Flu activity in Region 8 has decreased compared to the previous week.



- No information
- No flu activity
- Influenza-like illness (ILI)*
- Flu by Rapid Test
- Flu A by PCR
- Flu B by PCR
- Flu A & B by PCR

*ILI data in this map is compiled from TxS2 records and weekly reports submitted by flu surveillance partners

To become a Region 8 flu surveillance partner, e-mail: Region8.Epi@dshs.texas.gov

Public Health Region 8
MMWR Week 07
Week Ending 2/21/2026

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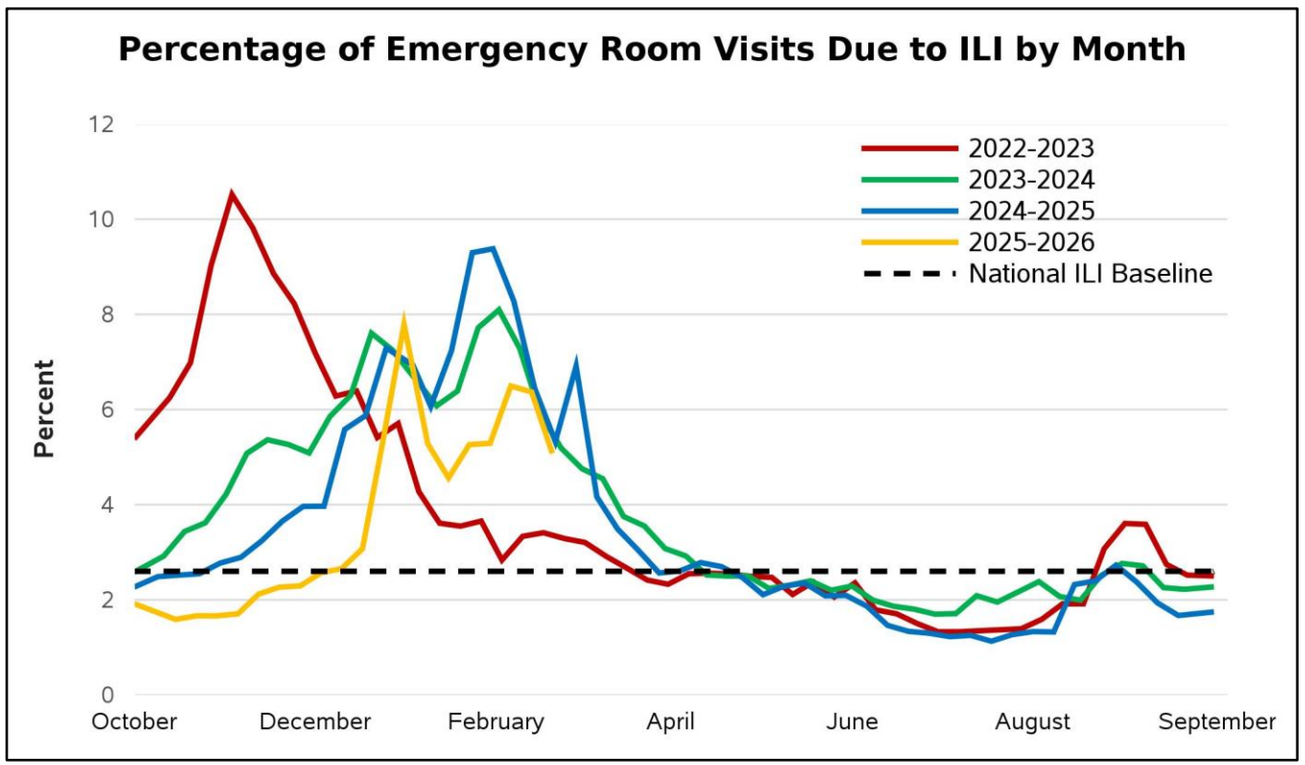
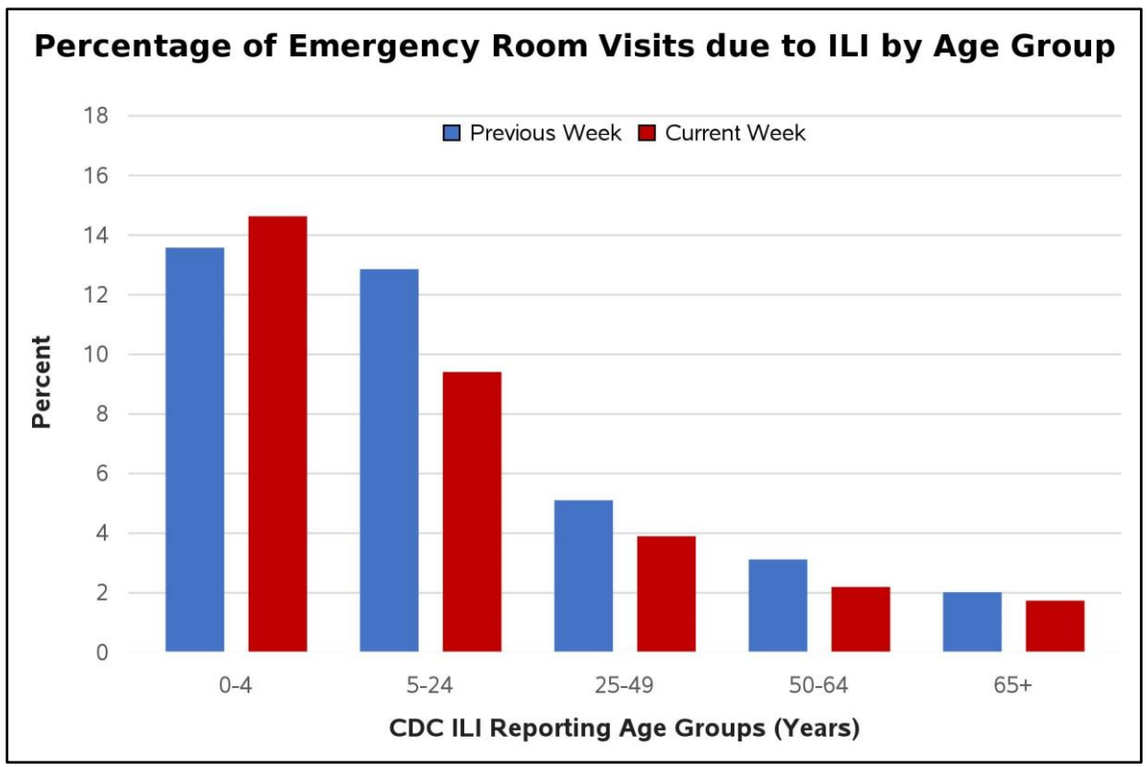
Influenza

Texas Syndromic Surveillance (TxS2) data shows that emergency room visits due to influenza-like illness (ILI) in week 7 has decreased compared to the previous week. TxS2 ILI activity in Region 8 is above the national baseline. The age group with the highest reported emergency room visits due to ILI is 00-04 years old.





For statewide influenza surveillance visit: https://www.dshs.texas.gov/IDCU/disease/influenza/surveillance/2021-2022.aspx
For national influenza surveillance visit: https://www.cdc.gov/flu/weekly/index.htm

To become a Region 8 flu surveillance partner, e-mail: Region8.Epi@dshs.texas.gov
To submit data to the Texas Syndromic Surveillance Program, e-mail: Syndromic.Surveillance@dshs.texas.gov