Influenza Health Advisory
December 23, 2025

Situational Update

Although influenza activity is still very low in Sacramento County, it has been increasing since mid-October with a sharp increase in the beginning of December. The highest percent of influenza-related emergency department visits has been among children less than 18 years old. Sacramento County Public Health (SCPH) tracks severe influenza-related cases (intensive care admissions and deaths) among all ages and has confirmed a death in a child less than 18 years old.

Actions Requested of Health Care Systems and Clinicians:

1. **Test** for COVID-19, influenza, and RSV among patients with respiratory symptoms. **Subtype specimens that are positive for influenza A within 24 hours**, especially those with severe disease. Note: Only molecular tests (PCR, NAAT) can be further used for subtyping.
   - If subtyping is not available at the facility, coordinate testing with the Sacramento County Public Health Laboratory (SCPHL) by calling (916) 875-5881. **SCPHL will only subtype specimens that were positive for influenza A from hospitalized patients, prioritizing those admitted to the ICU. Indicate hospitalization status, including ICU, on the test requisition form.**

2. **Implement** infection control precautions as appropriate.

3. **Treat** with antivirals as early as possible for patients confirmed or suspected to have influenza or COVID-19, especially for hospitalized patients and those at risk of severe complications.

4. **Report** COVID-19, influenza, and respiratory syncytial virus (RSV) cases and/or outbreaks according to **Table 1** below.

Resources:
1. Respiratory Virus Diseases Dashboard 2025-2026 (SCPH):
   https://dhs.saccounty.gov/PUB/Pages/Respiratory-Virus-Diseases-Dashboard-2025-2026.aspx
2. California Respiratory Virus Dashboard:
   https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/RespiratoryVirusReport.aspx
3. Respiratory Virus Testing and Treatment for Healthcare Professionals:
   https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Respiratory-Viruses/testingandtreatment.aspx

Sincerely,

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Public Health Officer

Table 1. COVID-19, Influenza, and Respiratory Syncytial Virus (RSV) Reporting

	Influenza	**RSV**	**COVID-19**
Hospitalizations	Intensive care unit (ICU) admissions for cases of **all ages**[1]	Intensive care unit (ICU) admissions for cases **age <5**[1]	Aggregate counts according to NHSN[3]
Deaths	**All ages**[1]	**Age <5**[1]	
Outbreaks	See CORHA Outbreak Definition[2]	>1 lab-confirmed case + >2 acute respiratory illness cases within 72 hours[2]	See CORHA Outbreak Definition[2]
Other	Novel influenza viruses (e.g., H5N1, H7N9)[1]		

1. Report laboratory-confirmed cases electronically to Sacramento County Public Health (SCPH) – via CalREDIE or confidential fax at (916) 854-9709. Medical records (e.g., admission notes, lab results, discharge summary, vaccination info) should be included for **all** ICU and fatal cases (upload to CalREDIE or fax).
2. Report outbreaks on the Outbreak Reporting Module: https://dhs.saccounty.gov/PUB/Pages/Communicable-Disease-Control/Outbreak-Reporting.aspx
   Council for Outbreak Response: Healthcare Associated Infections and Antimicrobial-Resistant Pathogens (CORHA) Outbreak Definitions
   - Influenza: https://corha.org/assets/documents/influenza-thresholds-for-reporting-and-investigating-cases.pdf
   - COVID-19: https://corha.org/assets/documents/COVID-19-HC-Outbreak-Definition-Guidance_January-2024.pdf
3. Report aggregate counts according to the National Healthcare Safety Network (NHSN): https://www.cdc.gov/nhsn.