



Flu Watch

MMWR Week 10: March 8, 2026 to March 14, 2026

All data are provisional and subject to change as more reports are received.

Geographic Spread



South Carolina reported **widespread activity** this week.

Influenza Indicators

Influenza Indicator	Change from Previous Week
Lab-confirmed tests	Decreased
ILI Percent	Decreased
Hospitalizations	Decreased

Regional Influenza Activity



Decreased



Decreased



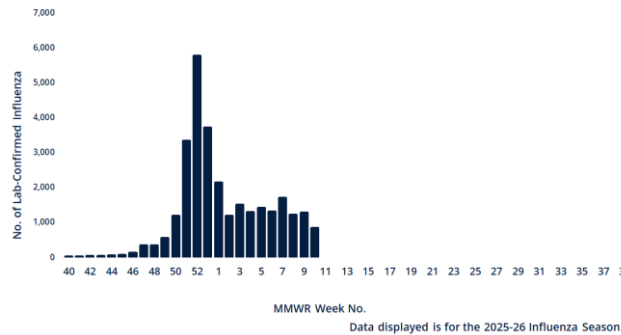
Decreased



Decreased

Virologic Surveillance

This week **843** lab-confirmed tests were reported. In the current flu season, there have been **29,577** lab-confirmed tests reported.

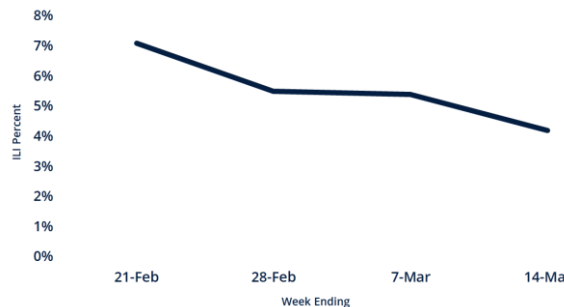


Influenza-Associated Hospitalizations

This week **60** influenza-associated hospitalizations were reported by **47** hospitals. The cumulative hospitalization rate is **94.1 per 100,000**. In the current flu season, there have been **4,777** influenza-associated hospitalizations.

Influenza-Like Illness Surveillance

The percent of patient visits to sentinel providers for an influenza-like illness (ILI) was **4.2%**, which is **above** South Carolina's baseline (**3.7%**). The ILI activity level overall was **high**.



Influenza-Associated Deaths

This week, **3** influenza-associated deaths were reported; however, **2** deaths occurred during previous weeks. The cumulative mortality rate is **3.2 per 100,000**. In the current flu season, there have been **161** influenza-associated deaths.

For a description of South Carolina's influenza surveillance components and definitions go to:

<https://dph.sc.gov/professionals/public-health-data/flu-watch>

For national surveillance, please visit:

<https://www.cdc.gov/flu/weekly/>

Virologic Surveillance

Lab-Confirmed Influenza Cases by Influenza Type to Date*					
Influenza Type	No. of Cases (%)				
	This Week	2025-26	2024-25	2023-24	5 Season Average
Overall	843	29577	57412	73464	37668
Influenza A	173(24.1)	24684(83.5)	56484(98.4)	43793(59.6)	31291(83.1)
A(H3)	10(5.8)	1884(7.6)	1822(3.2)	176(0.4)	653(2.1)
A(H1N1)	4(2.3)	57(0.2)	717(1.3)	3100(7.1)	1249(4.0)
A(NS)**	159(91.3)	22743(92.1)	53945(95.5)	40517(92.5)	28390(93.9)
Influenza B	669(79.4)	4827(16.3)	859(1.5)	29232(39.8)	6262(16.6)
B (Victoria)	--	2(0.0)	--	102(0.3)	20(0.3)
B(Yamagata)	--	--	--	--	--
B (LND) ⁺	669(100.0)	4825(100.0)	859(100.0)	29130(99.7)	6242(99.7)
Influenza Virus Coinfection[§]	1(0.1)	66(0.2)	69(0.1)	439(0.6)	115(0.3)

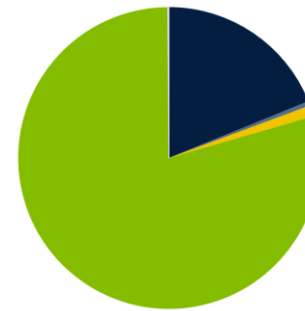
*Data presented from previous influenza seasons represents the data from that season through the same week as the current season. Nationally, the influenza season begins with MMWR week 40 and ends with MMWR week 39. The 2025-26 influenza season began on September 28, 2025 and will end on October 3, 2026.

**NS – not subtyped +LND – lineage not determined

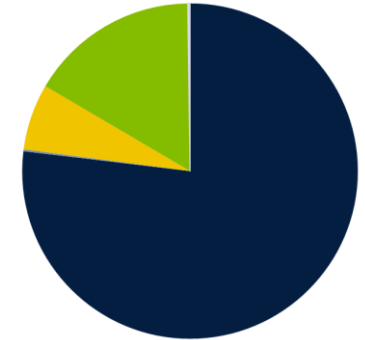
§Cases with more than one influenza A subtype in the same sample or with influenza A and B viral types in the same sample simultaneously.

Laboratory-Confirmed Influenza Cases, by Virus Type

Week ending 3/14

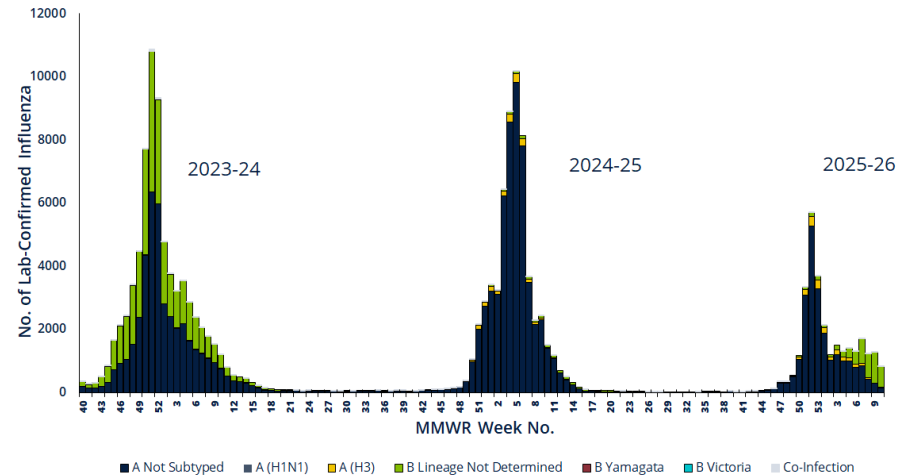


Cumulative



■ A Not Subtyped ■ A (H1N1) ■ A (H3) ■ B Lineage Not Determined ■ B Yamagata ■ B Victoria ■ Co-Infection

Laboratory-Confirmed Influenza Cases, 2023-24 Season to Present



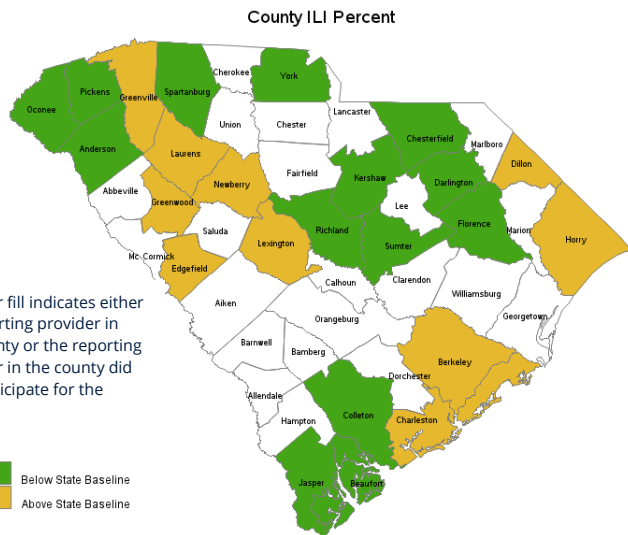
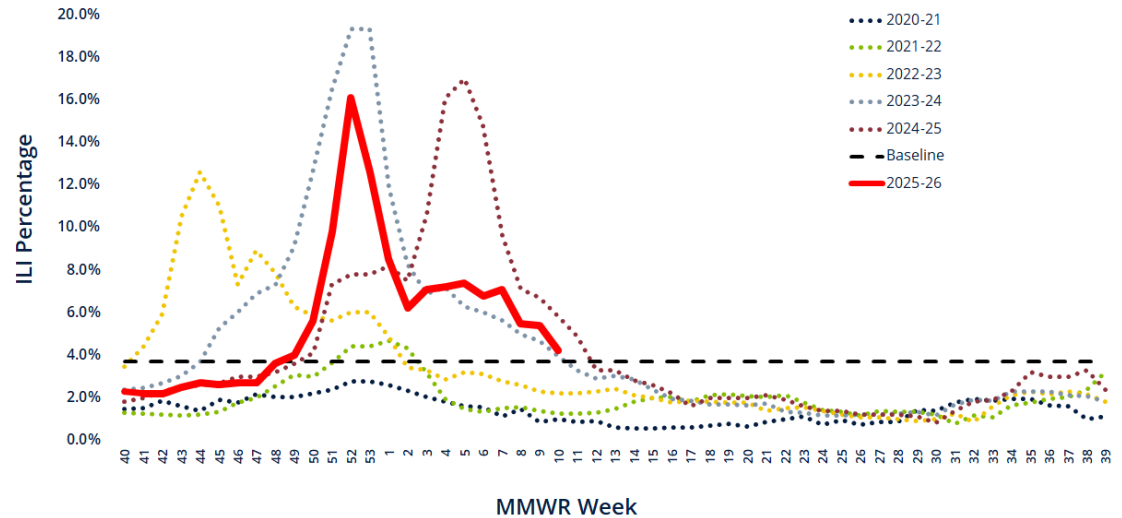
Influenza-Like Illness (ILI) Surveillance

This week, the ILI activity level was **high** and **4.2%** of patient visits to SC ILINet providers were attributed to an influenza-like illness. This is **above** the state baseline of **3.7%**.

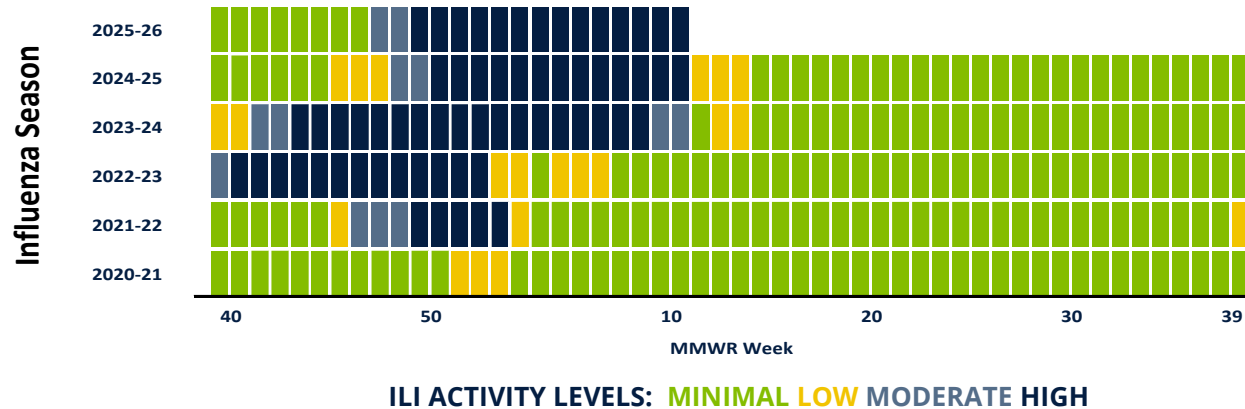
Reports were received from providers in **24** counties, representing all DPH Public Health regions.

ILI percentage is dependent upon the number of reporting providers and/or can vary by disease activity or the number of providers submitting reports.

Percentage of Influenza-like Illness (ILI) Visits Reported by Sentinel Providers for Past and Current Seasons



State ILI Activity Level by MMWR Week, 2020-21 Influenza Season to Present



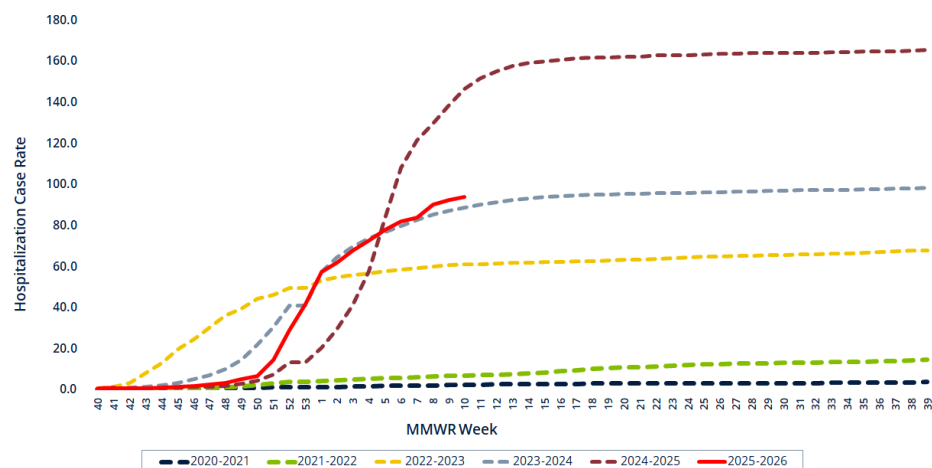
Influenza-Associated Hospitalizations And Deaths

Influenza-Associated Hospitalizations by Age Group*						
Influenza Season	No. of Hospitalizations (Rate)					
	Overall	Ages 0-4	Ages 5-17	Ages 18-49	Ages 50-64	Ages 65+
This Week	60(1.2)	3(1.1)	9(1.1)	15(0.7)	7(0.7)	26(2.9)
2025-26	4777(94.1)	207(72.5)	227(27.5)	820(39.8)	865(85.8)	2658(294.8)
2024-25	7456(146.8)	239(83.7)	198(24.0)	1225(59.5)	1668(165.5)	4126(457.7)
2023-24	4524(89.1)	167(58.5)	196(23.8)	850(41.3)	1155(114.6)	2156(239.2)
5 Season Average	3048(61.3)	112(36.3)	112(13.0)	554(26.7)	729(71.5)	1542(181.3)

Influenza-Associated Deaths by Age Group*						
Influenza Season	No. of Deaths (Rate)					
	Overall	Ages 0-4	Ages 5-17	Ages 18-49	Ages 50-64	Ages 65+
This Week	1(0.0)	--	--	--	--	1(0.1)
2025-26	161(3.2)	--	1(0.1)	4(0.2)	28(2.8)	128(14.2)
2024-25	295(5.8)	2(0.7)	3(0.4)	21(1.0)	46(4.6)	223(24.7)
2023-24	172(3.4)	--	3(0.4)	21(1.0)	39(3.9)	109(12.1)
5 Season Average	127(2.5)	--	2(0.3)	12(0.5)	26(2.4)	87(10.2)

*Data presented from previous influenza seasons represents the data from that season through the same week as the current season. Nationally, the influenza season begins with MMWR week 40 and ends with MMWR week 39. The 2025-26 influenza season began on September 28, 2025 and will end on October 3, 2026.

Cumulative Hospitalization Rate for Past and Current Seasons



Reported Influenza-Associated Hospitalizations, 2023-24 Season to Present

