Respiratory Viruses

CDC Respiratory Virus Updates

CDC is posting updates on the respiratory illness season here every week.

Additional Data

- COVID Variant Proportions
- COVID Data Tracker
- Respiratory Virus Hospitalization Surveillance Network

Take Steps to Help You Stay Healthy During the Holidays

November 9, 2023, 2:00 PM EDT

What CDC knows

Viruses tend to spread more commonly during fall and winter, especially the respiratory viruses that cause flu, COVID-19, and RSV illness. For many, gathering with loved ones to celebrate the holidays during this season is an important tradition. Fortunately, there are steps you can take to help you and your loved ones stay healthy this holiday season.

What CDC is doing

CDC continually monitors respiratory viruses, including what viruses are spreading and where, who they are affecting, and how well vaccines and medications are working against those viruses.

Keep reading: Take Steps to Help You Stay Healthy During the Holidays

What to Know About Getting Flu, COVID-19, and RSV Vaccines at the Same Time

November 2, 2023, 4:00 PM EDT

What CDC knows

Some people may prefer to get their recommended flu, COVID-19, and RSV vaccines at the same time. You should consider getting these vaccines at the same time if making multiple visits to get additional vaccines would be difficult for you.

What CDC is doing

CDC has reviewed the available scientific evidence and concluded that people may get flu, COVID-19, and RSV vaccines at the same visit.

Keep reading: What to Know About Getting Flu, COVID-19, and RSV Vaccines at the Same Time

2023-2024 Respiratory Disease Season Outlook – October Update

October 30, 2023, 3:00 PM EDT

What CDC knows

CDC's Center for Forecasting and Outbreak Analytics continues to anticipate that the upcoming fall and winter respiratory disease season will likely result in a similar number of hospitalizations as last season.

What CDC is doing

CDC will continue to monitor respiratory virus activity and update this outlook as we learn more. Vaccination remains the best way to protect yourself and your loved ones against serious outcomes of flu, COVID-19, and RSV. Vaccination is especially important for people who are at higher risk of developing serious complications.

Keep reading: 2023-2024 Respiratory Disease Season Outlook – October Update

Variants Happen

October 27, 2023, 4:00 PM EDT

What CDC knows

The SARS-CoV-2 virus, which causes COVID-19, is constantly changing and new variants continue to emerge. A variant is a change in the virus. A new variant may infect people more easily, spread faster, or cause people to get sicker. Nevertheless, nearly all the SARS-CoV-2 variants currently circulating in the United States are closely related to the variant used for the updated 2023-2024 COVID-19 vaccines. This means that the updated vaccines should work well against currently circulating variants and continue to be the best way to protect yourself and others against severe disease.

What CDC is doing

CDC uses multiple systems to understand which SARS-CoV-2 viruses are circulating in communities, where they are circulating, and whether they are likely to contribute to surges in infection or serious illness. CDC then communicates these findings to the public.

Keep reading: Variants Happen

How to Get Your Flu, COVID-19, and RSV Vaccines This Year

October 19, 2023, 1:30 PM EDT

What CDC knows

Vaccines are an important way to boost your immunity and prevent severe illness from flu, COVID-19, and RSV this fall and winter. These vaccines are only useful if you can access them.

What CDC is doing

There are ways to get free vaccines.

Keep reading: How to Get Your Flu, COVID-19, and RSV Vaccines This Year

5 Things You Should Know about COVID-19 Vaccines

October 13, 2023, 2:00 PM EDT

What CDC knows

COVID-19 vaccines save lives and help keep you out of the hospital. Vaccines are not always effective at preventing infection, but there is extensive data showing that these vaccines prevent severe illness and protect the public's health.

What CDC is doing

CDC is continually assessing how effective COVID-19 vaccines are against this disease. Intensive safety monitoring has been conducted since the first COVID-19 vaccines came out in 2020 and is ongoing.

Keep reading: Things You Should Know about COVID-19 Vaccines

Immunization Overview for Fall and Winter 2023-2024

September 29, 2023, 6:00 PM EDT

What CDC knows

Immunizations against COVID-19, flu, and respiratory syncytial virus (RSV) are available and can help protect people against severe illness during the fall and winter season, when these diseases are more common.

What CDC is doing

CDC has provided immunization recommendations for providers and the public and is continuing to communicate about who should get immunizations, the benefits of immunization, and how to find recommended immunizations.

Keep reading: Immunization Overview for Fall and Winter 2023-2024

Respiratory Virus Vaccination for Pregnant People

September 29, 2023, 1:30 PM EDT

What CDC knows

Pregnant and recently pregnant people are at increased risk of being hospitalized with COVID-19 and flu. Babies are also more likely to get very sick from COVID-19, flu, and respiratory syncytial virus (RSV).

What CDC is doing

CDC recommends COVID-19 and flu vaccination for pregnant people to help protect themselves and their babies from COVID-19 and flu. CDC also recommends RSV vaccination for pregnant people to protect their babies from RSV.

Keep reading: Respiratory Virus Vaccination for Pregnant People

Update on RSV and New Vaccine Recommendation

September 22, 2023, 5:00 PM EDT

What CDC knows

Respiratory Syncytial Virus (RSV) can cause serious illness in infants, young children, and older adults. RSV season is right around the corner and immunization is an important way to protect against severe RSV.

What CDC is doing

Today, CDC recommended an RSV vaccine for people who are 32-36 weeks pregnant to help protect their babies from severe RSV. CDC has also recommended RSV immunization to protect babies and toddlers. For older adults, CDC recommends an RSV vaccine, using shared clinical decision-making.

Keep reading: Update on RSV and New Vaccine Recommendation

Update on SARS CoV-2 Variant BA.2.86 Being Tracked by CDC

September 15, 2023, 3:00 PM EDT

What CDC knows

It is unclear how easily BA.2.86 spreads compared to other circulating variants. At this time, BA.2.86 does not appear to be rapidly increasing or driving increases in infections or hospitalizations in the United States.

What CDC is doing

CDC will continue monitoring BA.2.86 and other circulating variants of the virus that causes COVID-19. Moving forward, we will share updates on BA.2.86 when significant additional information becomes available.

Keep reading: Sept 15 Update on COVID-19 Variant

2023-2024 Respiratory Disease Season Outlook - Summary

September 14, 2023, 11:30 AM EDT

What CDC knows

Analysis from CDC's Center for Forecasting and Outbreak Analytics shows that with the addition of a third virus (COVID-19) that can cause severe illness, even an average respiratory season can place significant strain on our healthcare system.

What CDC is doing

CDC recommends staying up to date on the vaccines recommended for you as an important strategy to prevent severe disease and protect yourself and others around you. Higher levels of vaccination across the population will also help reduce the number of hospitalizations and risk of hospital strain.

Keep reading: Respiratory Disease Season Outlook

Updated COVID-19 Vaccine Recommendations are Now Available

September 12, 2023, 9:00 PM EDT

What CDC knows

COVID-19 continues to be a major cause of serious respiratory illnesses in the United States, with more than 200,000 deaths (including more than 600 in children and adolescents 0-19 years old) reported since January 2022. Vaccination is the most effective tool to protect yourself from severe illness this fall and winter.

What CDC is doing

CDC recommended a COVID-19 vaccine updated for 2023-2024 for everyone aged 6 months and older to protect against serious illness.

Keep reading: Updated COVID-19 Vaccine Recommendations Now Available

What We Can Learn from Flu in the Southern Hemisphere

September 8, 2023, 5:30 PM EDT

What CDC knows

The U.S. 2023-2024 flu vaccines have a similar vaccine virus composition as the 2023 Southern Hemisphere flu vaccines.

What CDC is doing
A new CDC study found that people who had received a flu vaccine were half as likely to be hospitalized with flu compared to people who had not been vaccinated.

Keep reading: Flu in the Southern Hemisphere

Update on SARS CoV-2 Variant BA.2.86 Being Tracked by CDC

September 8, 2023, 11:30 AM EDT

What CDC knows
Early research data from multiple labs are reassuring and show that existing antibodies work against the new BA.2.86 variant.

What CDC is doing
Real-world data are needed to fully understand the impact given the complexities of the immune response to this variant. Studies are ongoing, and we expect to learn more in upcoming weeks.

Keep reading: Sept 8 Update on COVID-19 Variant

Update on SARS CoV-2 Variant BA.2.86 Being Tracked by CDC

August 30, 2023, 3:30 PM EDT

What CDC knows
At this time, we don't know *how well* this variant spreads, but we know that it spreads *in the same way* as other variants. Take preventative actions to protect yourself and others from infection.

What CDC is doing
CDC is tracking a new SARS-CoV-2 variant called BA.2.86 and working to better understand its potential impact on public health.

Keep reading: Update on COVID-19 Variant

New COVID-19 Variant BA.2.86 Being Tracked by CDC

August 23, 2023, 10:10 AM EDT

What CDC knows
A new variant of SARS-CoV-2 called BA.2.86 was detected in Denmark and Israel. This variant is notable because of a large number of genetic differences from previous versions of SARS-CoV-2.

What CDC is doing
Based on what CDC knows now, we've prepared a scientific assessment of the risk profile posed by BA.2.86.

Keep reading: COVID-19 Variant

Last Reviewed: November 9, 2023