



## Public Health Brief

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### It's Happening – The Predicted Tripledemic of RSV, COVID, and Influenza

Some of our worst fears of multiple respiratory illnesses happening at the same time are coming to pass – just in time for the upcoming holiday season.

Most states in the southeast and southern parts of the US are reporting very high levels of respiratory illness activity as the flu season ramps up weeks earlier than usual. California is now the first state on the west coast with high levels of influenza activity as reported by the CDC. And influenza activity continues to increase. After nearly doubling in the last week of October, the number of flu illnesses, hospitalizations and deaths this season took another significant jump in the first week of November. The CDC [now estimates](#) that there have been at least 2.8 million illnesses, 23,000 hospitalizations and 1,300 deaths from influenza as of November 5, including 5 pediatric deaths. At this point we do not know how bad or how long the flu season will be. What we can say is that the risk of infection is predicted to continue to be very high through November and December. Where are you going for the holidays? Who are you going to be with in close indoor environments? How many are high risk for severe outcomes? Who has been vaccinated?

Multiple respiratory viruses are circulating nationwide – including flu, RSV and variants of COVID-19. California has just reported the first death in a child under the age of 5 years from RSV.



RSV responsible for 1 in 50 child deaths under age 5.



**Public Health**  
Prevent. Promote. Protect.

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District 1: January Riddle, District 2: Ron Hames, District 3: Irvin Jim,  
District 4: Terry Woodrow, District 5: David Griffith

As flu ramps up, RSV continues to ramp up in many parts of the country. RSV is a common respiratory virus that can cause serious illness, especially in younger infants, and it's kept pediatric hospitals more full than usual in recent weeks. The overall burden on pediatric hospitals nationwide has been escalating and is quite severe. Many pediatric hospital beds are full, including the especially important pediatric ICU beds, with patients being "boarded" in Emergency Departments, hallways, cafeterias, and tent areas until someone dies or gets better and goes home.

Across the country, the threat of Covid-19, while significantly less than it was a year ago, remains. Nearly 25,000 people were admitted to the hospital with Covid-19 in the first week of November, [according to CDC data](#), a pace that's forecast to hold steady for the next month, at least.

As multiple respiratory viruses continue to spread, I want to emphasize the importance of vaccination, which is available for two of the three viruses in heavy circulation. But those numbers are lower than ideal. Nationwide, one in 5 people still hasn't gotten their first Covid-19 vaccine shot, [CDC data shows](#), and less than 10% of the US population has gotten the updated Covid-19 booster. And millions fewer flu vaccines have been distributed this season than at this point in previous years.

**Vaccine is the best tool that we have to prevent these severe outcomes.**

**Calls us today to sign up to get your annual influenza vaccine and COVID-19 boosters.**

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