

# U.S. Medical Affairs Respiratory 2026 Trends Insights Report: 8/16/26-8/29/26

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## What the data is showing us:

### West

- **Human Rhinovirus/Enterovirus (HRV/EV)** is the dominant pathogen in the West and increased substantially from **17% to 22%** in the past 2 weeks, well above the 12-week average of **16%**.
- **Parainfluenza Virus 3 (PIV-3)** increased modestly from **1.2% to 1.7%** but remained well below its 12-week average of **3.9%**.
- **SARS-CoV-2** remained in high activity, essentially stable at **3.1–3.2%**, but this is double the 12-week average

### Midwest (MW)

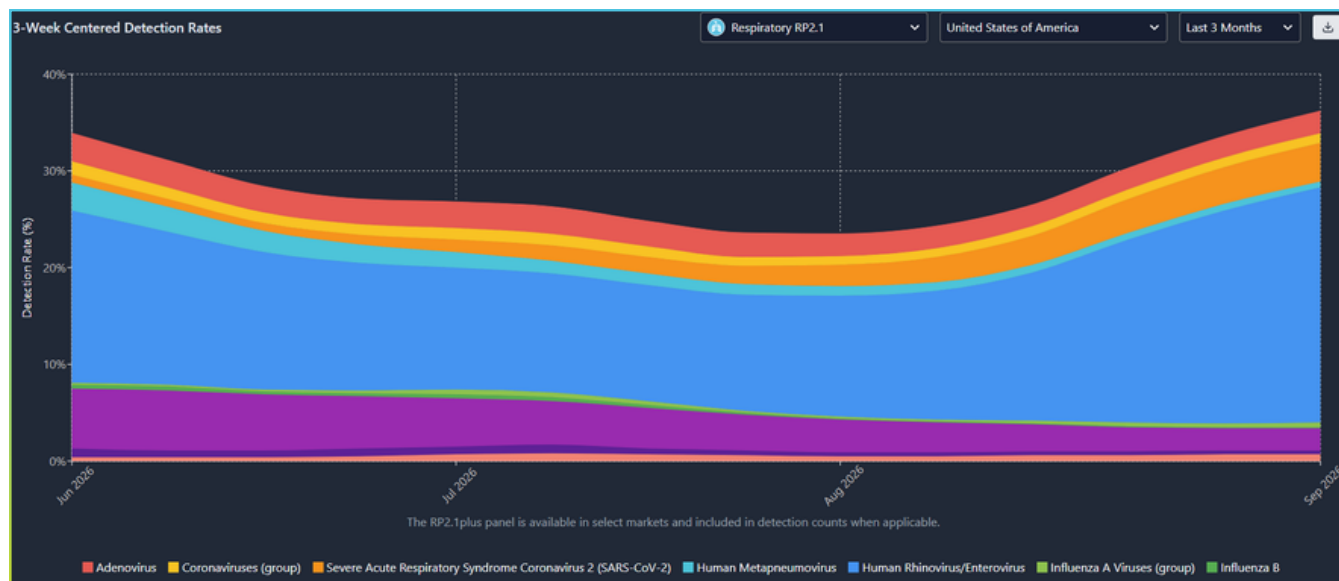
- **HRV/EV** reflected a notable increase in the MW from **16.2% to 19.8%**, substantially above its 12-week average of **13.2%**.
- **SARS-CoV-2** also increased from **0.9% to 1.6%**, approximately double its current 12-week average of **0.8%**.
- Outside of HRV/EV, the MW is experiencing **relatively low respiratory pathogen activity**.

### South

- **HRV/EV** rose sharply from **22.6% to 30.1%**, nearly twice its 12-week average of **16.0%**.
- **Adenovirus** remained persistently high at approximately **3%**, making the South the only region where Adenovirus remained in high activity in recent weeks.
- **SARS-CoV-2** increased from **5.5% to 6.0%** and remained substantially above its 12-week average of **3.3%**.
- The South demonstrated the **strongest respiratory activity** and the clearest week-over-week increase.

### Northeast (NE)

- **HRV/EV** detections increased modestly from **11.2% to 12.1%**, but remained near and slightly below its 12-week average (**12.5%**).
- **SARS-CoV-2** increased from **2.6% to 3.5%**, moving into high activity and reaching approximately 2.5 times its 12-week average of **1.4%**.
- **Adenovirus, PIV-3, and Human Metapneumovirus all declined or remained well below their 12-week averages**, suggesting comparatively lower activity from these pathogens.
- Small increases were also seen in **Influenza A H1-2009 (0.5%)** and **H3 (0.3%)**, although absolute influenza activity remained very low.



## What this means for U.S. providers/labs:

- **The clearest national pattern is a broad increase in HRV/EV**, with the most recent week's activity increasing in all four regions. The South stands out, reaching 30.1%, followed by the West at 22.0% and Midwest at 19.8%. The Northeast increased more modestly to 12.1%. **HRV/EV therefore remains the dominant respiratory detection across all regions.**
- **SARS-CoV-2 is also increasing or persistently elevated across all regions.** Activity is highest in the South at 6.0%, followed by the Northeast at 3.5% and West at 3.2%. Even in the Midwest, where absolute activity is lower, the rate increased from 0.9% to 1.6% in the past 2 weeks. Importantly, SARS-CoV-2 rates are above their respective 12-week averages in every region.
  - Read more: [2025-2026 Respiratory Disease Season Outlook](#)
- **Influenza, RSV, and the atypical bacterial targets remain at low absolute detection rates.** There are small increases in some influenza subtypes, particularly H1-2009 in the Northeast and West, but current values remain too low to represent a major signal in these two weeks.