



CDPH Health Advisory

Influenza Update: Vaccinate, Test, and Administer Influenza Antivirals

January 5, 2026

The California Department of Public Health (CDPH) issued a [Health Advisory](#) today regarding increasing influenza cases and hospital admissions statewide.

CDPH Key Messages

- **Influenza cases and hospital admissions are increasing in California.** A newly emerged influenza A virus strain, H3N2 subclade K, is circulating globally, including in California. The majority of influenza A specimens subtyped in California are H3N2. Current influenza vaccines are still expected to offer protection against severe disease.
- **Administer 2025-26 influenza vaccine** to anyone 6 months of age and older who has not yet received it.
- **Test symptomatic patients as quickly as possible.** Use rapid molecular (nucleic acid amplification detection) tests for outpatients, and RT-PCR and other influenza molecular tests for hospitalized patients to confirm diagnosis and guide timely treatment. Influenza A positive hospitalized patients, especially those in the ICU, should have specimens sent for subtyping.
- **Initiate antiviral treatment without delay and ideally at point of care.** Do not delay treatment while waiting for test results if influenza is suspected in high-risk patients. Treat immediately with oseltamivir or single-dose baloxavir based on recommendations for use. Treatment with influenza antivirals decreases the risk of serious illness and hospitalization in those at [higher risk for severe disease](#). Flow chart for outpatient providers: "[Don't Delay, Start Antiviral for Suspected Influenza Immediately](#)".
- **Stay aware of respiratory virus activity in your community** by visiting the [CDPH Respiratory Virus Dashboard](#) this respiratory season. In LA County, visit [LAC DPH RESPWatch](#).

LAC DPH Influenza Resources

Immunizations

- Influenza (Flu) Information for Public and Providers: ph.lacounty.gov/ip/diseases/flu/index.htm
- Influenza Vaccine Dashboard: ph.lacounty.gov/media/RespiratorySeason/vaccine/#/flu

Respiratory Illness Surveillance

- RESPWatch: publichealth.lacounty.gov/acd/respwatch/

[Read the Full Advisory](#)

You can also copy and paste this link into your browser <https://www.cdph.ca.gov/Programs/OPA/Pages/CAHAN/Influenza-Update.aspx>

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