

Monthly Update: The Flu

Tennessee Besieged by the Tripledemic

What is a 'tripledeemic'?

The 2022 Tripledeemic refers to the surge of COVID-19, flu, and RSV at the same time, causing widespread illness.

At this time, Tennessee leads the nation in infection rates for the three illnesses that comprise the Tripledeemic: flu, COVID, and RSV. Holiday gatherings since Thanksgiving have increased the already alarming spread.

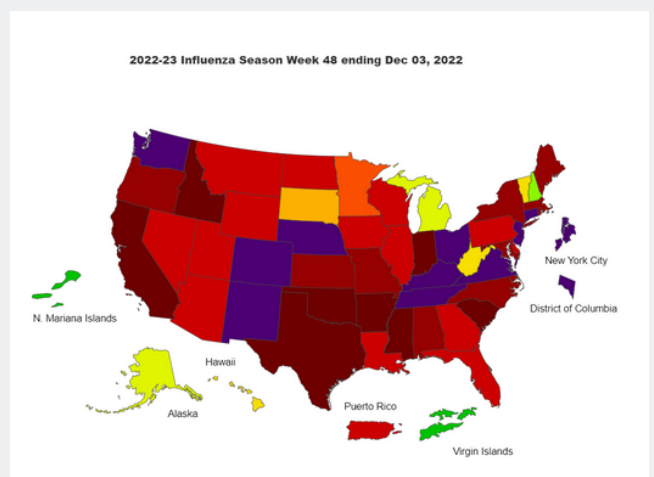
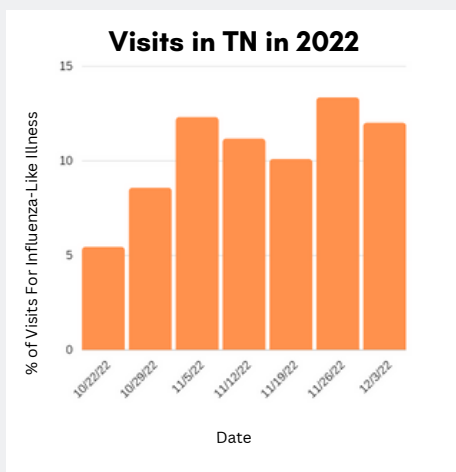
Hospital beds in the U.S. are currently about 80% full, and pediatric hospitals are 76% full, on average. There is also a decrease in healthcare workers, making this winter even more difficult for illness.

How to protect yourself during the tripledeemic:

- Get the latest COVID booster and a flu shot.
- Stay home if you are sick.
- Wash your hands.
- Wear a mask.



Remember: Your local health department has the FLU vaccine available. Call (731) 584-4944 for details!



Tennessee is currently the number one state in the country for flu cases.

The graph above shows the percentage of visits to a medical provider for symptoms of influenza-like illness (ILI) in Tennessee for October-December during this flu season. Influenza-like illness is defined as a temperature of over 100°F, and a cough and/or sore throat. The number of visits for influenza-like illness are significantly elevated when compared to this time of year in previous years.

The map shows that influenza-like illness activity continues to be very high (purple) in the state of Tennessee.