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## NEW MEXICO HEALTH ALERT NETWORK (HAN) ALERT

### New Mexico Department of Health Announces Start of Respiratory Disease Season

*Providers should administer COVID-19, influenza, and RSV immunizations to eligible individuals*

November 14, 2025

#### **Background:**

The New Mexico Department of Health (NMHealth) has announced the start of the 2025-2026 respiratory disease season. COVID-19, influenza, and RSV are circulating in the state and emergency department discharge diagnoses for COVID-19 and influenza have been rising for several consecutive weeks. NMHealth anticipates that health care visits for respiratory illness and outbreaks are expected to increase in the coming weeks and months. Vaccination against influenza, COVID-19 and RSV can help prevent infections and reduce disease severity and duration of illness. Guidance on eligibility for those vaccines is available in the “Additional Resources” section. Fall is generally the best time to administer vaccines.

The NMHealth Viral Respiratory Infection dashboard is updated weekly to keep providers updated on respiratory virus activity in New Mexico

#### [NMHealth Viral Respiratory Infection Dashboard](#)

#### **Recommendations for Clinicians:**

##### *Testing for respiratory diseases*

We expect to see co-circulation of respiratory viruses in the coming months. Clinicians should follow CDC’s [Testing Guidance for Clinicians When SARS-CoV-2 and Influenza Viruses are Co-circulating](#). PCR or molecular multiplex assays that can test for influenza, SARS-CoV-2, and other respiratory pathogens are ideal for most patients. Although less desirable, singleplex assays and rapid antigen tests (low sensitivity) can be considered if multiplex assays are unavailable. Rapid antigen positive tests should be confirmed with nucleic acid amplification test (NAAT) testing.

Testing for bacterial respiratory pathogens and RSV should be considered if singleplex assays or rapid antigen testing is negative for influenza and SARS-CoV-2

##### *Vaccination:*

##### **COVID-19 Vaccination:**

Parents of children ages 6 months to 17 years should discuss the benefits of vaccination with a healthcare provider. NMDOH recommends COVID-19 vaccine for most adults ages 18 years and older. There is no preference for one vaccine manufacturer over the other.

##### **Influenza Vaccination:**

NMDOH recommends that everyone six months of age and older get flu vaccine each flu season. Individuals aged 65 years and older should preferentially receive high-dose or adjuvanted influenza



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vaccines but can receive standard vaccine if high dose is not available at the time of vaccination. COVID-19 and influenza vaccine can be co-administered.

Certain groups of people are strongly recommended to be vaccinated because they are at high risk of having serious flu-related complications, or because they live with or care for people at high risk for developing flu-related complications. These include but are not limited to very young children (6 months – 5 years old), pregnant women, older adults (65+ years old), anyone living or working in a congregate care facility, certain race and ethnic minority groups, and individuals with underlying medical conditions such as asthma, diabetes, kidney, liver, lung or heart disease, neurological disease, severe obesity (40 kg/m<sup>2</sup> or higher) and being immunocompromised).

***RSV Vaccination:***

For pregnant people and children, NMDOH recommends either maternal vaccination (Abrysvo) or monoclonal antibody (nirsevimab or clesrovimab). Pregnant women should receive RSV vaccine from September (1–2 months before the anticipated start of RSV season) through January (2–3 months before the anticipated end of the RSV season), and eligible infants should receive immunization during October through March. Most infants will not need both maternal vaccination and infant RSV antibodies. Clinicians can consult CDC guidelines for exact details on eligibility for [pregnant people](#) and [children](#).

NMDOH recommends a single dose vaccine (Abrysvo, Arexy, mResvia) for adults ages 75 years and older, as well as adults 50-74 years old who are at increased risk of severe RSV disease. Vaccine should ideally be administered in late summer or early fall, prior to the RSV season, but can be administered at any time of the year. Adults who have received the vaccine in previous seasons do not currently need another dose.

**All** vaccinations for children and adults are required by law to be entered into the New Mexico State Immunization Information System (NMSIIS). If you need access, training, or assistance with using NMSIIS, contact the [NMSIIS Help Desk](#) at (505) 827-2356.

**New Mexico Health Alert Network:** To register for the NM Health Alert Network, please visit the following site <https://nm.readyop.com/fs/4cjZ/10b2> Please fill out the registration form completely and click Submit at the bottom of the page, to begin receiving Important health alerts, advisories, and updates.

**Please Note** that our system also utilizes text messaging to notify members of important health information. Due to FCC Regulation changes that are designed to decrease the amount of unwanted spam text messages sent each year to citizens, please save, this phone number **(855) 596-1810** as the **“New Mexico Health Alert Network”** default phone number for your account used for text messages on the mobile device(s) you register with us.