

WEEKLY EPIDEMIOLOGIST REPORT

October 10, 2023



**Central
Connecticut
Health
District**

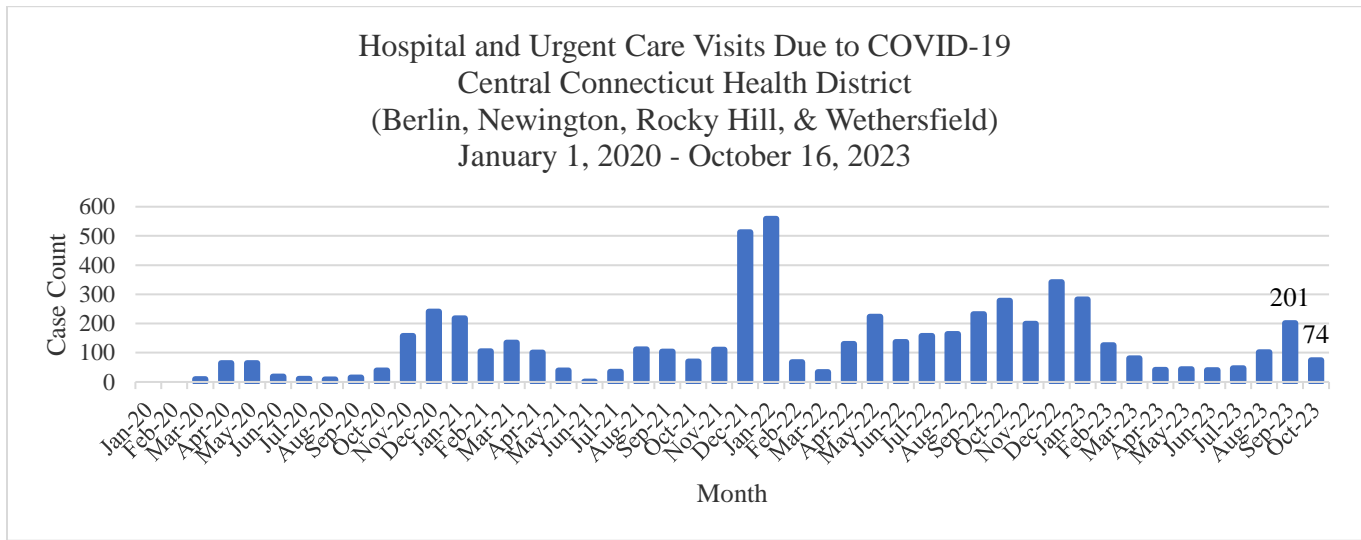
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EPIDEMIOLOGIST, Central Connecticut Health District

RESPIRATORY VIRAL SEASON

This season, the Connecticut Department of Public Health and the Centers for Disease Control and Prevention are referring to this season as the “trifecta.” We can expect to see similar trends as last year for COVID-19, influenza and RSV. In our district data is showing that RSV is starting to make it’s appearance, COVID-19 and ILI are stable at this point and other circulating respiratory viruses, such as human parainfluenza virus (HPIV) 1 and 2 are causing cold-like symptoms nationally.

COVID-19 SURVEILLANCE

Data for COVID-19 was collected on October 16, 2023 from EpiCenter. The bar graph below illustrates the syndromic surveillance of hospital and urgent care visits due to COVID-19. Last week 28 more cases were reported for October, total cases for this month are at 74.



Genomic sequencing results for the previous reporting period are unavailable. The below genomic sequencing results for the Northeast are from the October 2, 2023 report which showed that EG.5 remains the dominant lineage circulating (42.4%). Both EG.5 and FL.1.5.1 have the F456L spike mutation, which may have immune-escape properties. The table below shows the abundance of variants detected in wastewater in the Northeast Region which includes the states of Maryland, Pennsylvania, Delaware, New York, Massachusetts, Vermont, Connecticut, New Jersey, Maine, New Hampshire, and Rhode Island.

<i>SARS-COV-2 Variant</i>	<i>Percent</i>	<i>Change</i>
<i>XBB</i>	9.7	-1.6
<i>XBB.1.5</i>	8.0	-1.2
<i>XBB.1.16</i>	18.9	+0.8
<i>EG.5</i>	42.4	+8.4
<i>XBB.1.9.2</i>	3.9	-1.1
<i>XBB.1.9</i>	0.2	-0.8
<i>XBB.1.9.1</i>	6.0	-2.6
<i>FL.1.5.1</i>	9.7	-2.4
<i>Other</i>	.5	0

The graphs on the following page depict the number of viral copies of SARS-COV-2 that have been isolated in participating wastewater treatment plants in Connecticut counties. The number of viral copies have been elevated in

Hartford County since this past July and follow nationwide trends. Fairfield and New London counties wastewater results are higher than nationwide trends.

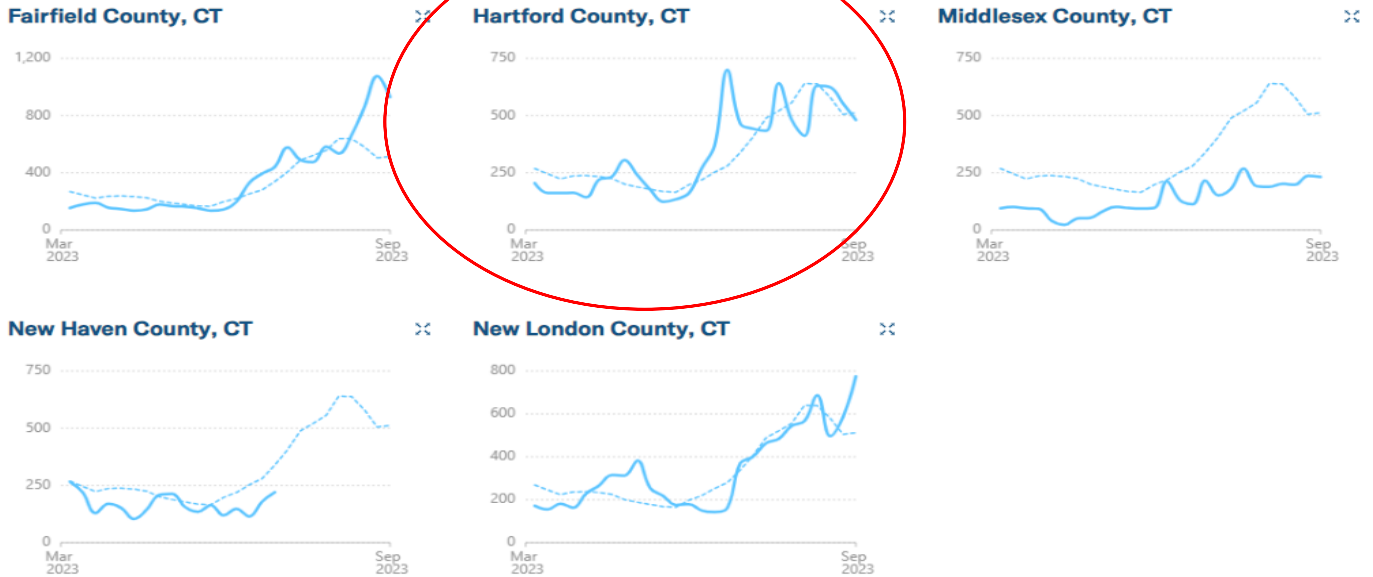
Filter by State to View Counties

Connecticut x

Show nationwide average Show cases

Total results Last 6 months Last 6 weeks

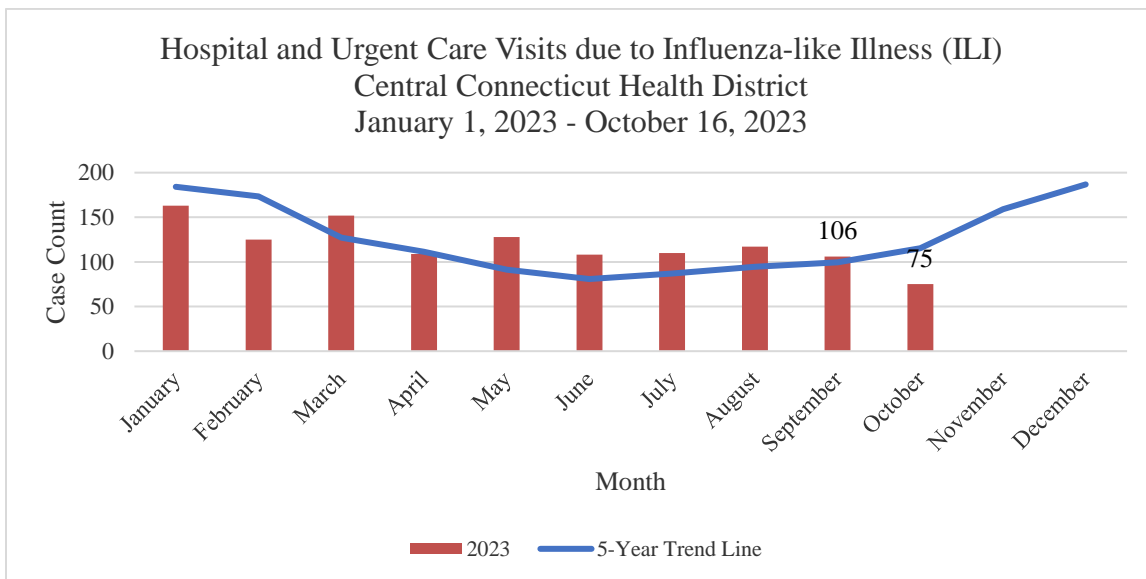
County wastewater Nationwide wastewater



Source: Wastewater data from Biobot Analytics; Clinical data from USAFacts

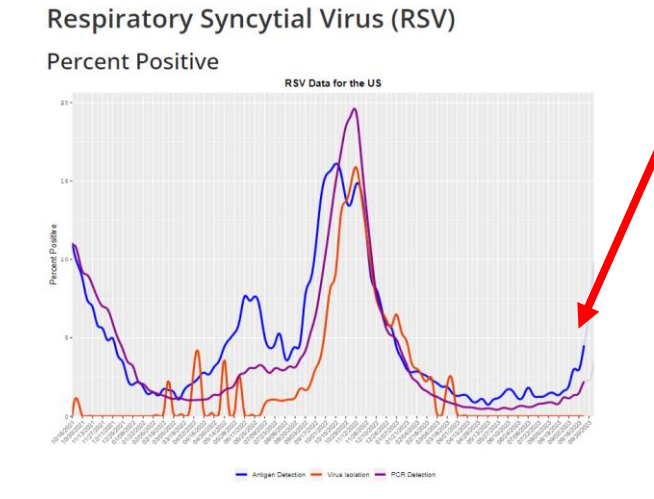
INFLUENZA SURVEILLANCE

Data for Influenza-like Illness Syndromic Surveillance was collected on October 16, 2023 from EpiCenter. The graph below illustrates the syndromic surveillance of hospital and urgent care visits due to influenza-like illness (ILI) five- year average trend line (2018-2022) compared to this years cases. Other circulating respiratory viruses can present as influenza-like illness. **The district has received its first laboratory confirmed case of flu for this season on September 9, 2023.** ILI is defined as having a fever and a cough or sore throat.



RESPIRATORY SYNCYTIAL VIRUS (RSV)

Nationally, and regionally RSV percent positivity is on the rise. This past September, there have been three suspected cases of RSV in the district, one case in an infant. This October, we have received two suspect cases of RSV in adults aged 60 years and older in our district so far.

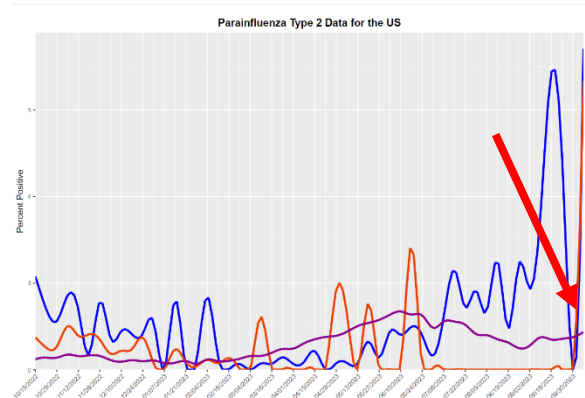
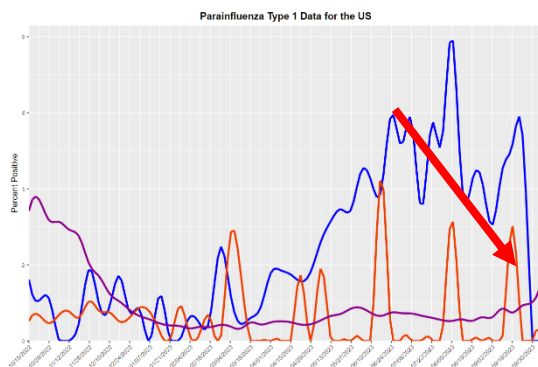


NATIONAL RESPIRATORY & ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)

The National Respiratory and Enteric Virus Surveillance System (NREVSS) is a laboratory-based system that monitors temporal and geographic circulation patterns (patterns occurring in time and place) of respiratory syncytial virus (RSV), human parainfluenza viruses (HPIV), human metapneumovirus (HMPV), respiratory adenoviruses, human coronavirus, and gastrointestinal viruses: rotavirus, and norovirus. Participating laboratories report weekly to CDC the total number of tests performed that week, and the number of those tests that were positive. Middlesex and Yale are the only contributing health organizations in Connecticut that report respiratory and enteric virus surveillance data to the CDC.

Seasonal coronavirus, human metapneumovirus, and adenovirus detection data appear to show no concerning increases.

Nationally PCR detection of human parainfluenza virus (HPIV) types 1 and 2 have increased. HPIV 1 and 2 are associated with croup and can cause upper and lower respiratory illness and cold like symptoms (see line graphs below).



PREVENTION

To prevent serious disease complications from respiratory illness, consider getting your annual flu shot. CCHD is holding vaccination clinics next month in all four towns. To schedule your flu shot with us please visit: <https://www.ccthd.org/book-appointment> . The RSV vaccine is available for persons over 65, please encourage residents to check with their provider to see if they are administering it. The updated COVID-19 booster is also available at participating pharmacies. Remember the best way to prevent the spread of infectious respiratory illness is to:

- Cover your cough and sneezes,
- Wash your hands often,
- Get vaccinated,
- Stay home when you are ill,
- Minimize close contact with sick people.

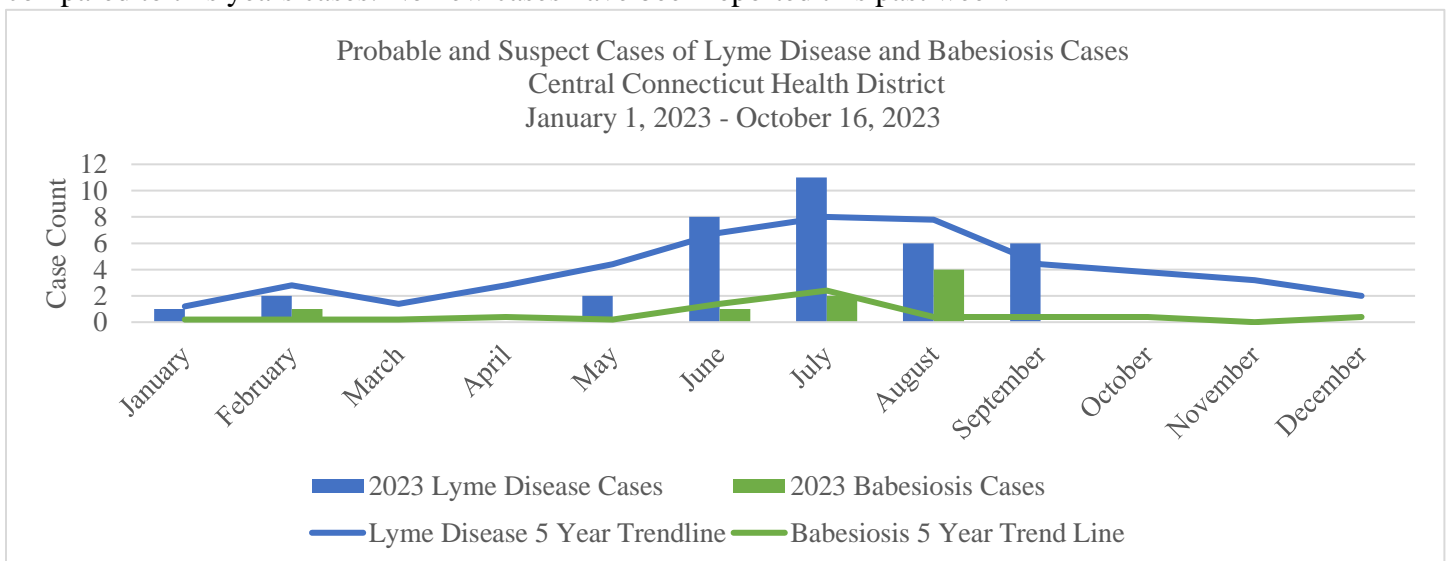


MOSQUITO-BORNE DISEASE SURVEILLANCE

The State of Connecticut’s Agricultural and Experimentation Station (CAES) performs mosquito trapping and testing starting at the beginning of June and ending in late October. Arboviruses tested at CAES include: West Nile Virus (WNV), Eastern Equine Encephalitis virus (EEE) and Jamestown Canyon Virus (JC). CAES has trapped and tested **334, 063** mosquitoes between June 1, 2023 – October 13, 2023. There have been no arbovirus positive mosquitoes reported at the testing sites in Newington or Wethersfield for this reporting period.

TICK-BORNE DISEASE SURVEILLANCE

The graph below shows the five-year average trend lines for babesiosis and lyme disease cases (2018-2022) compared to this years cases. No new cases have been reported this past week.



Visit CDC's "Fight the Bite" page for additional information on preventing tick and mosquito bites.
<https://www.cdc.gov/fight-the-bite/prevent/index.html>

FOOD RECALLS

New this week:

- Ready-to-eat ham produced by Sunnyvalley Smoked Meats

Previously reported:

- Ion and Restore brands Sinus Spray
- Organic Chicken and Beef Broth sold at Costco and Whole Foods
- Whole cantaloupes sold by Eagle Produce
- Not Fried Chicken sold by Life Raft Treats

Click the link for more information. Please check your cupboards and throw out any of these items:
<https://www.cdc.gov/foodsafety/>

The Central Connecticut Health District is committed to improving the quality of life in our communities through prevention of disease and injury, fostering of a healthy environment, and promotion of the health of our residents.