

WEEKLY EPIDEMIOLOGIST REPORT

October 10, 2023



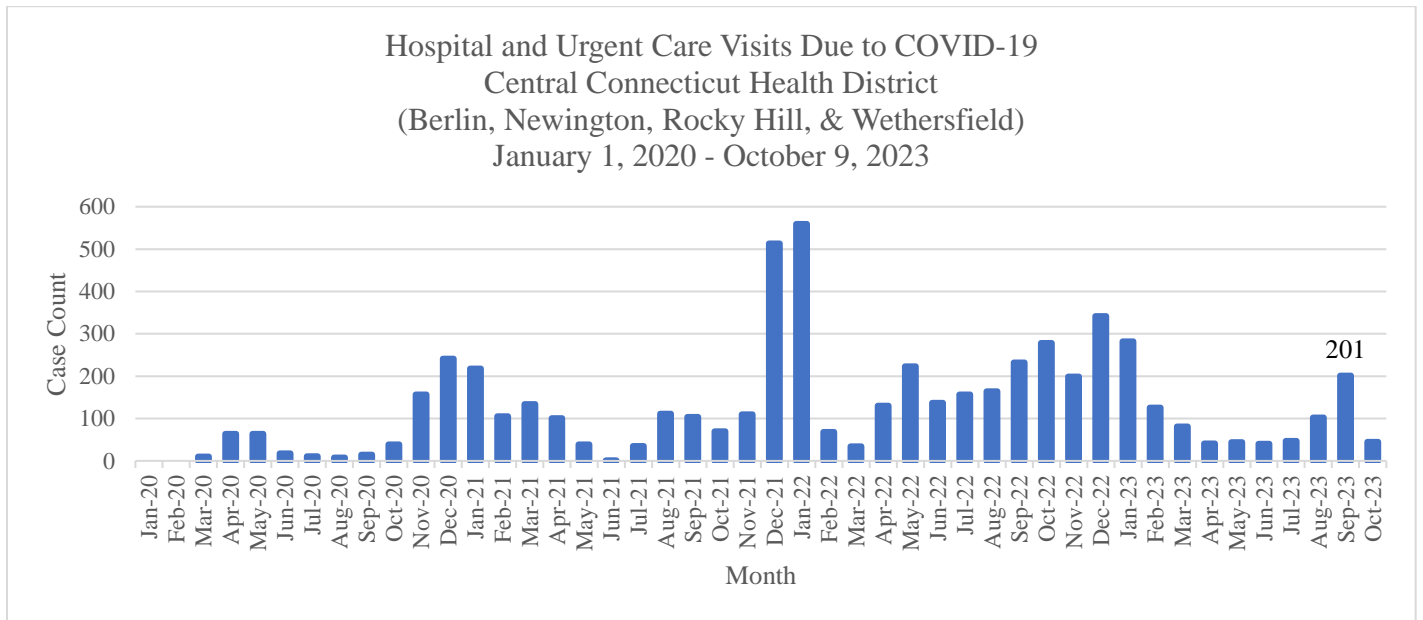
Christine DePierro-Gacek, MAT, MPH
EPIDEMIOLOGIST, Central Connecticut Health District

RESPIRATORY VIRAL SEASON

As our leaves start to change color, we can also start see an increase in respiratory illness. 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.

COVID-19 SURVEILLANCE

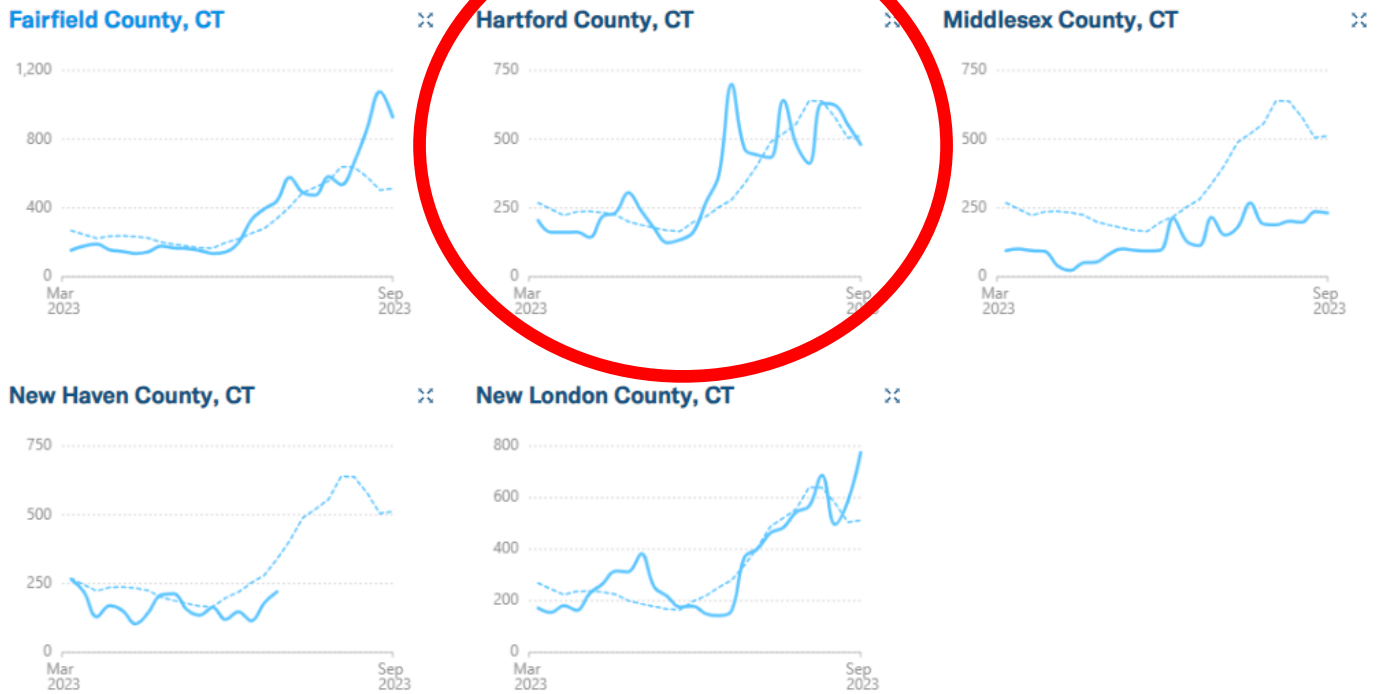
Data for COVID-19 was collected on October 9, 2023 from EpiCenter. The bar graph below illustrates the syndromic surveillance of hospital and urgent care visits due to COVID-19. September had a 97% increase in district cases being seen at urgent care centers or hospitals with a COVID-19 diagnosis who were experiencing symptoms. Last week 35 more cases were reported for October, total cases for this month are at 45.



According to Biobot wastewater surveillance, genomic sequencing results for the Northeast (October 2, 2023) 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

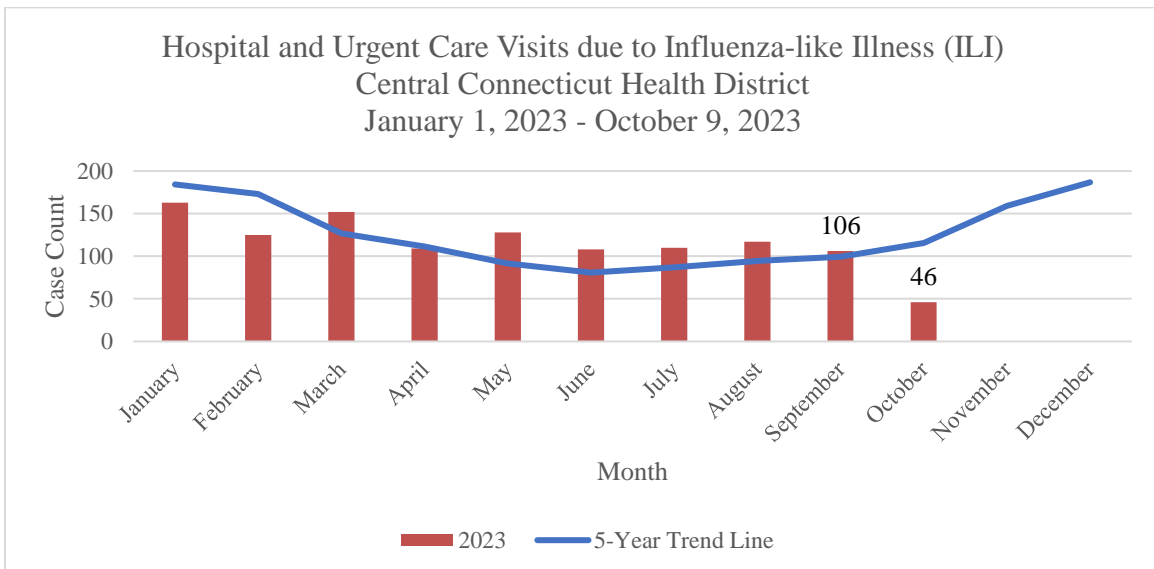
The graphs below depict the number of viral copies of SARS-COV-2 that have been isolated in participating wastewater treatment plants in Connecticut counties. The number of viral copies have been elevated in Hartford County since this past July.



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

INFLUENZA SURVEILLANCE

Data for Influenza-like Illness Syndromic Surveillance was collected on October 9, 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.** The levels of ILI can be attributed to other respiratory diseases with similar symptoms to influenza (Human Parainfluenza Viruses, Enteroviruses, Human Metapneumovirus, etc.)

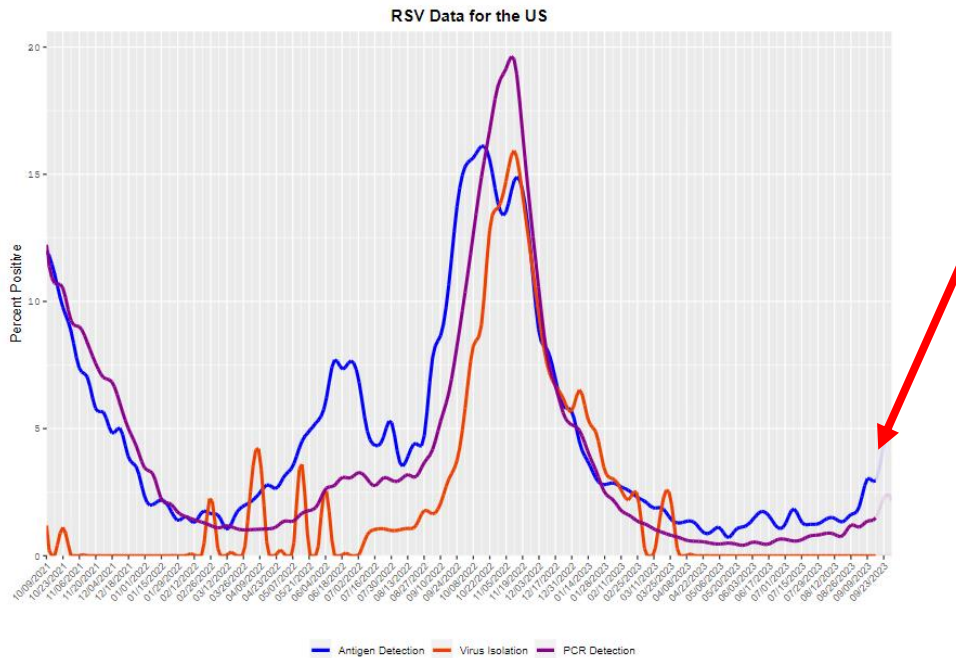


RESPIRATORY SYNCYTIAL VIRUS (RSV)

Nationally, and regionally RSV percent positivity for RSV is on the rise. This past September, there have been three suspected cases of RSV in the district. As we continue into the Fall and Winter we can expect to see an increase in the number of respiratory illness cases due to COVID-19, Influenza and RSV.

Respiratory Syncytial Virus (RSV)

Percent Positive



To prevent serious disease complications from influenza, 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.

Prevent Respiratory Viruses
STAY HEALTHY ALL SEASON

- Wash Your Hands Often** (Illustration: hands being washed)
- Clean & Disinfect Surfaces Regularly** (Illustration: hand spraying disinfectant)
- Get Your Flu Vaccine & COVID-19 Booster** (Illustration: syringe)
- Stay Home When You Are Sick** (Illustration: person in bed)
- Mask Around Others When Symptomatic** (Illustration: surgical mask)

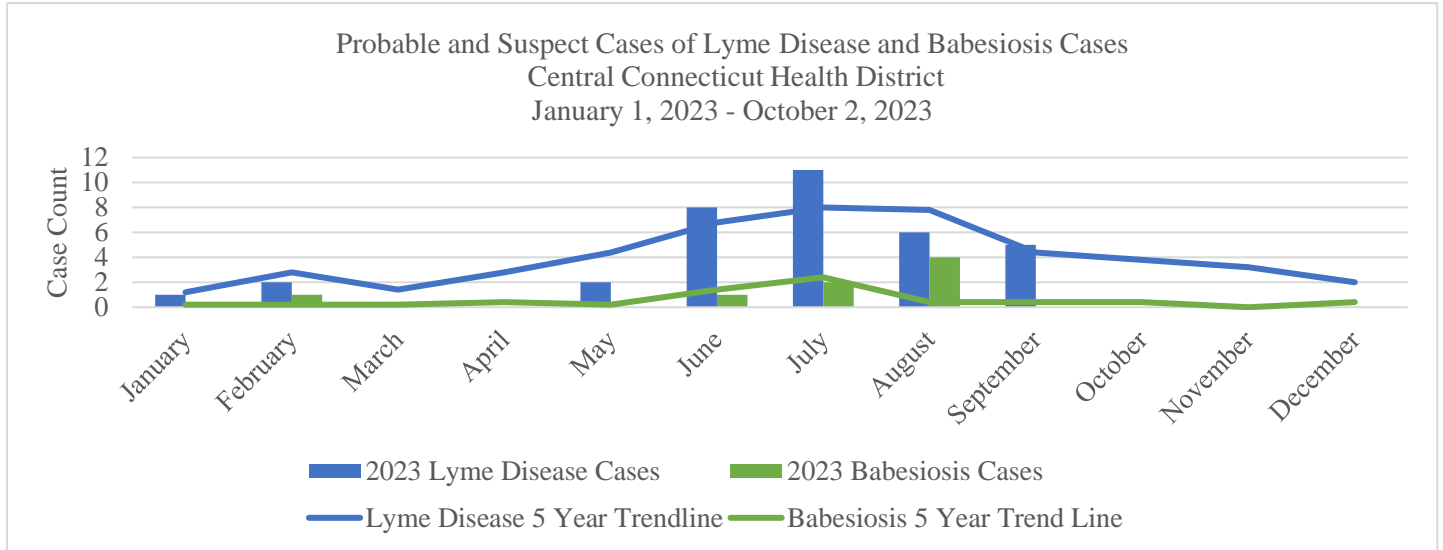
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MOSQUITO-BORNE DISEASE SURVEILLANCE

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 **330, 075** mosquitoes between June 1, 2023 – October 2, 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

Click the link to know what foods have been recalled because they are contaminated. 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.