

# WEEKLY EPIDEMIOLOGIST REPORT

October 23, 2023



**Central  
Connecticut  
Health  
District**

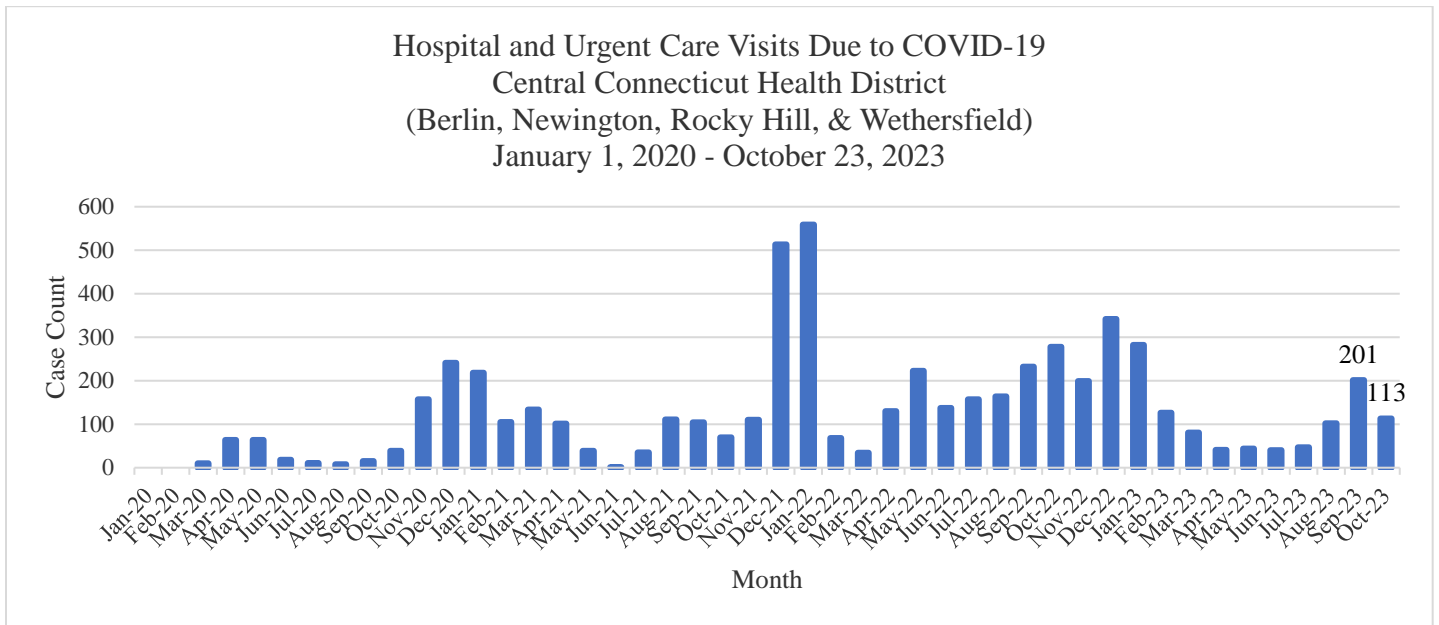
Christine DePierro-Gacek, MAT, MPH  
EPIDEMIOLOGIST, Central Connecticut Health District

## RESPIRATORY VIRAL SEASON

This season, the Connecticut Department of Public Health and the Centers for Disease Control and Prevention are referring to it 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 in Connecticut and nationally test positivity is starting to increase; COVID-19 and ILI are stable at this point; and other circulating respiratory viruses, such as human parainfluenza virus-1 (HPIV-1) is causing cold-like symptoms nationally.

### COVID-19 SURVEILLANCE

Data for COVID-19 was collected on October 23, 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 113 (39+ from last week).



Genomic sequencing results for the previous reporting period are unavailable. The below genomic sequencing results for the Northeast are from the October 5, 2023 report.

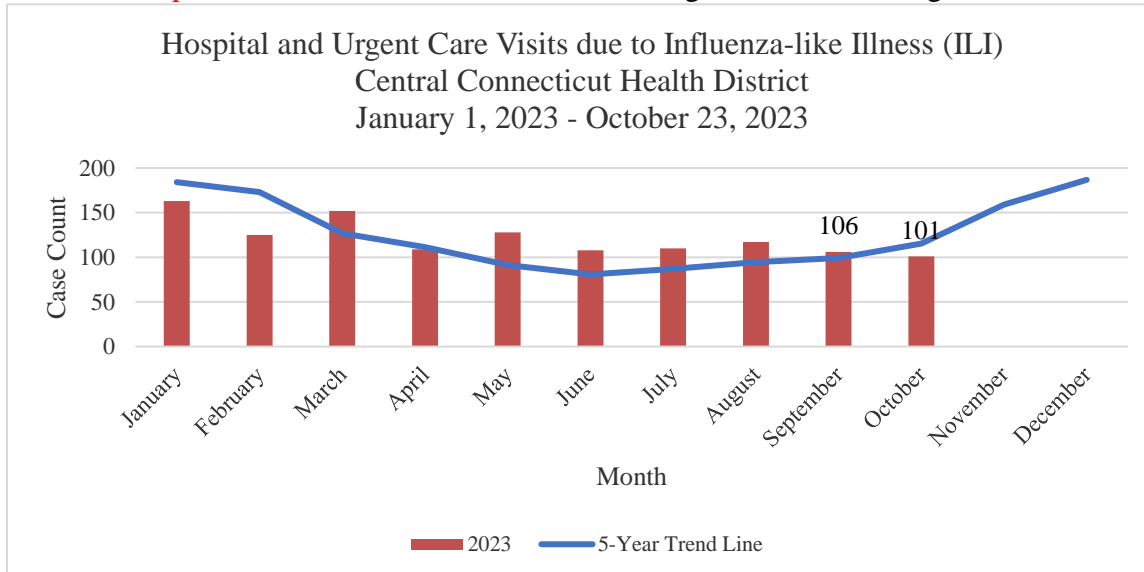
<i>SARS-COV-2 Variant</i>	<i>Percent</i>	<i>Change</i>
<i>XBB</i>	9.7	-1.6
<i>XBB.1.5</i>	8.0	-1.2
<i>XBB.1.16</i>	18.9	+0.8
<b><i>EG.5</i></b>	<b>42.4</b>	<b>+8.4</b>
<i>XBB.1.9.2</i>	3.9	-1.1
<i>XBB.1.9</i>	0.2	-0.8
<i>XBB.1.9.1</i>	6.0	-2.6
<b><i>FL.1.5.1</i></b>	<b>9.7</b>	<b>-2.4</b>
<i>Other</i>	.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 as of October 19, 2023. The number of viral copies have been elevated in Hartford County since this past July and follow nationwide trends. Connecticut's numbers are following Nationwide trends for COVID-19 wastewater surveillance.



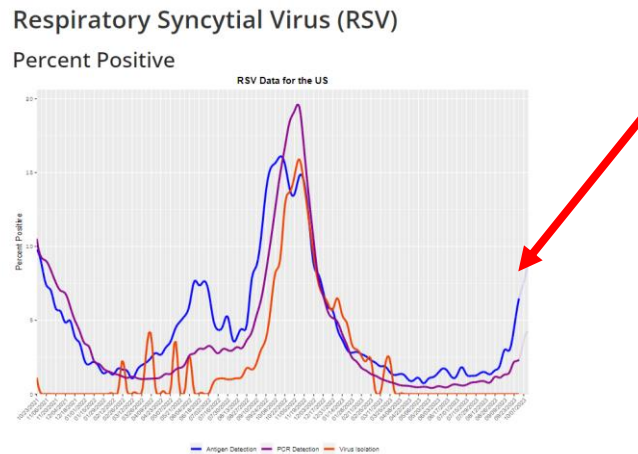
## INFLUENZA SURVEILLANCE

Data for Influenza-like Illness (ILI) was collected on October 23, 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 continues to increase. As of October 23, 2023, this month we have received five confirmed and suspect cases of RSV; four cases were 75 years of age or older and one case was less than one year of age in our district so far.

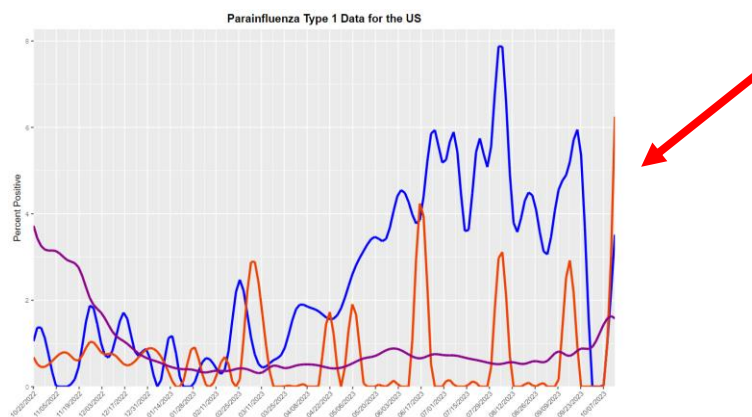


## NATIONAL RESPIRATORY & ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)

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) type 1 continues to increase. HPIV 1 is associated with croup and can cause upper and lower respiratory illness and cold like symptoms (see graph 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.

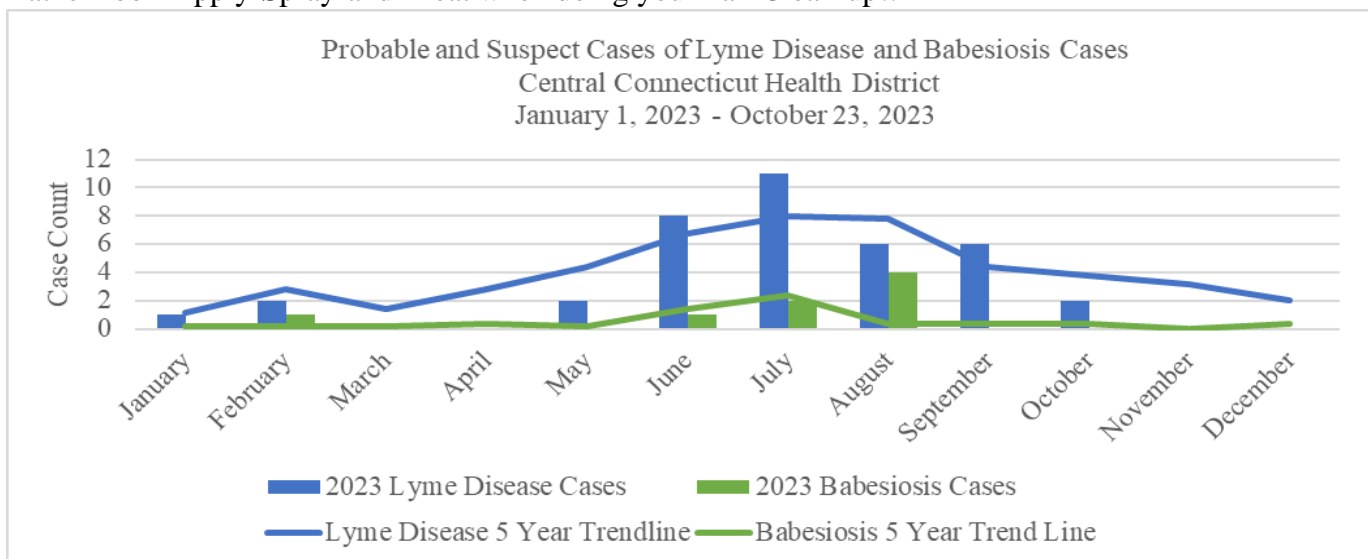


## MOSQUITO-BORNE DISEASE SURVEILLANCE

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 **342,449** mosquitoes between June 1, 2023 – October 16, 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 year's cases. Two suspect cases of Lyme Disease have been reported last week. Remember to **Bathe-Look-Apply-Spray-and Treat** when doing your Fall Clean-up!.



Visit the Lyme Connection to learn more about BLASTing Lyme at: <https://lymeconnection.org/prevention/preventionprogram.html> and the 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:

- Kroger 16-ounce bagged Collard Greens, due to possible *Listeria monocytogenes* contamination.

Previously reported:

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

---

**Don't forget to follow Central Connecticut Health District on social media!**

FaceBook: <https://www.facebook.com/ccthd4/>

Twitter: <https://twitter.com/CCTHD4>

Instagram: <https://www.instagram.com/centralcthealthdistrict/>

---

*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.*