

# WEEKLY EPIDEMIOLOGIST REPORT

October 30, 2023



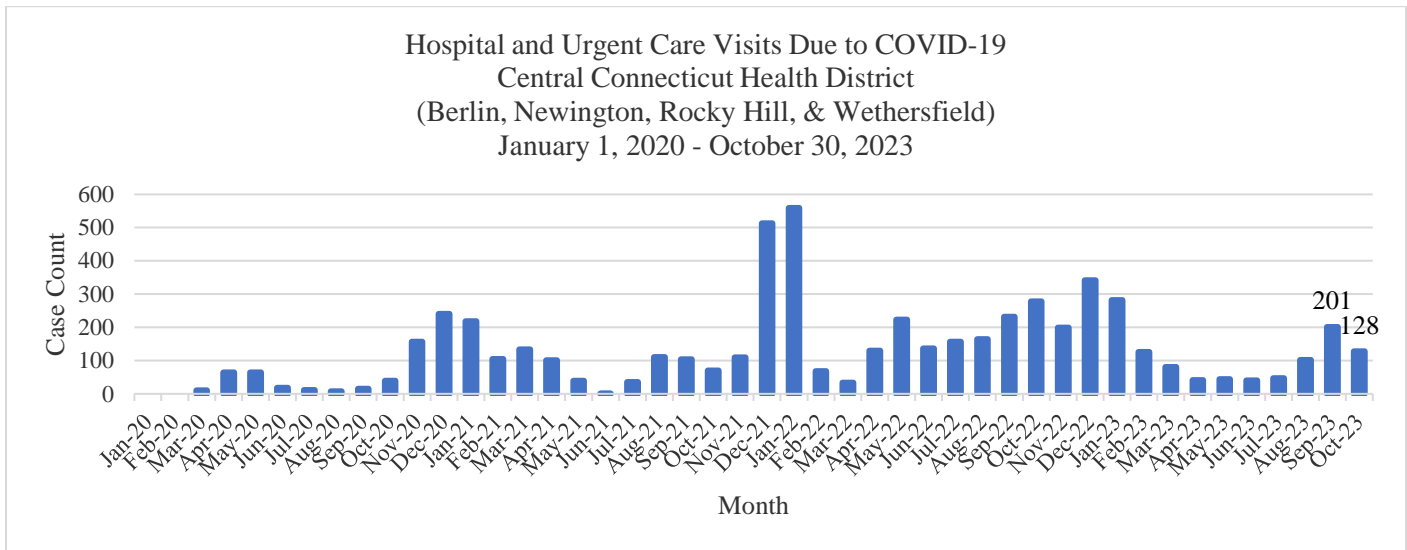
Christine DePierro-Gacek, MAT, MPH  
EPIDEMIOLOGIST, Central Connecticut Health District

## 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. Data is showing that RSV test positivity in our district, Connecticut and nationally are increasing; COVID-19 and ILI are stable at this point; and other circulating respiratory viruses, such as human parainfluenza virus-1 (HPIV-1) and HPIV-2 are causing cold-like symptoms nationally.

### COVID-19 SURVEILLANCE

Data for COVID-19 was collected on October 30, 2023 from EpiCenter. The bar graph below illustrates the syndromic surveillance of hospital and urgent care visits due to COVID-19 in our district. Last week 15 more cases were reported for October, total cases for this month are at 128.



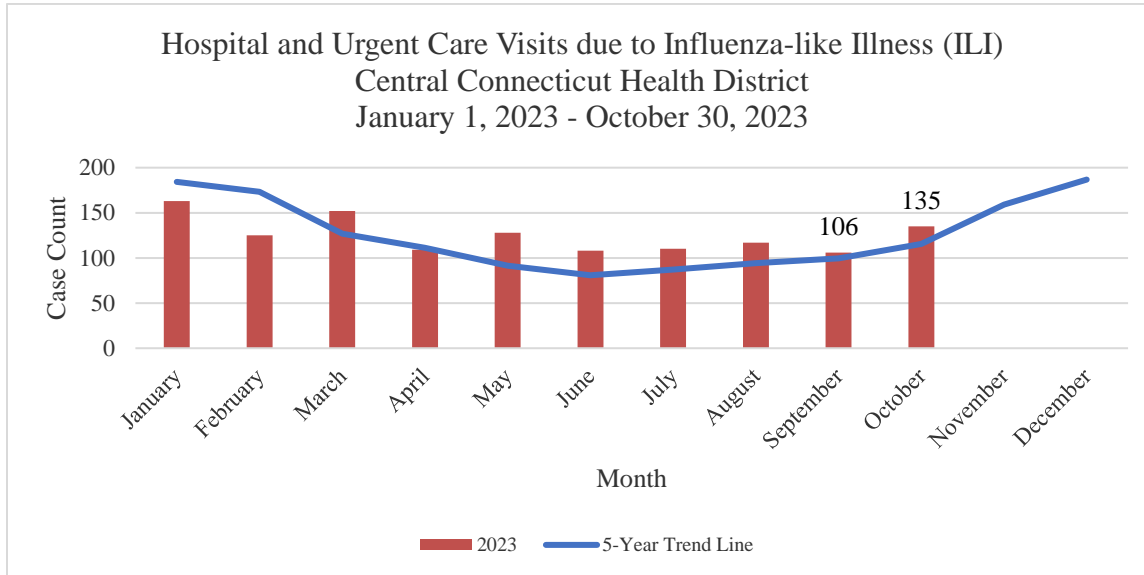
The graphs to the right depict the number of viral copies of SARS-COV-2 that have been isolated in participating wastewater treatment plants in Connecticut counties as of October 23, 2023. The number of viral copies have been elevated in Hartford County since this past July and are slightly above the nationwide trend.



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

## INFLUENZA SURVEILLANCE

Data for Influenza-like Illness (ILI) was collected on October 30, 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 year's cases. Other circulating respiratory viruses can present as influenza-like illness. ILI is defined as having a fever and a cough or sore throat. **The District had both a laboratory confirmed case of influenza type A and influenza type B reported last week.**

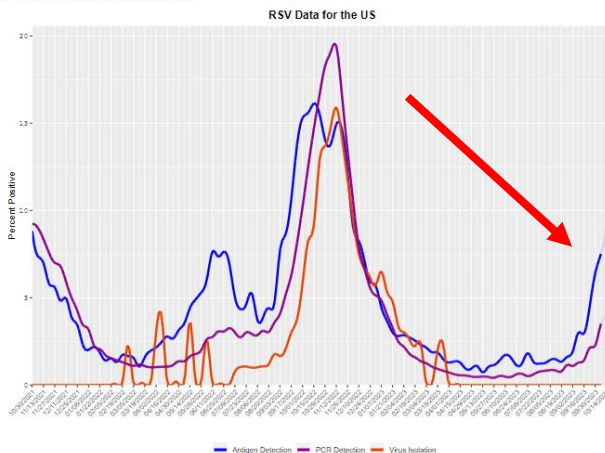


## RESPIRATORY SYNCYTIAL VIRUS (RSV)

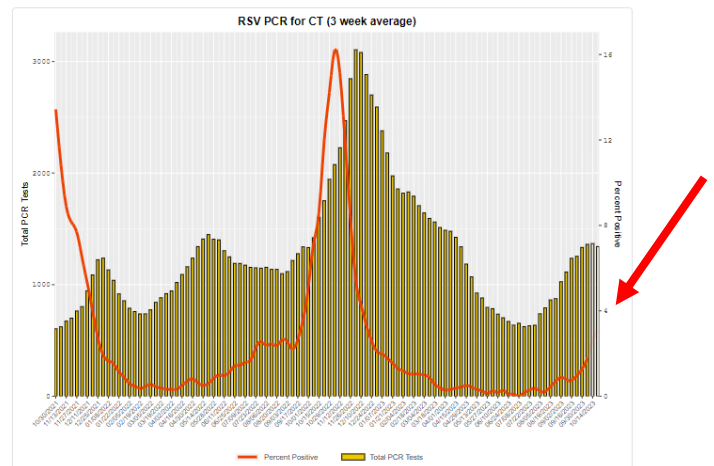
Nationally, and regionally RSV percent positivity continues to increase (line graph on left). Connecticut RSV PCR test positivity is also on the upward trend as of October 26<sup>th</sup> (see bar graph to the right). As of October 30, 2023, for this month, our district was notified of eight confirmed and suspect cases of RSV; four cases were 75 years of age or older and four cases were 4 years of age or younger so far.

### Respiratory Syncytial Virus (RSV)

#### Percent Positive



### Total PCR Tests

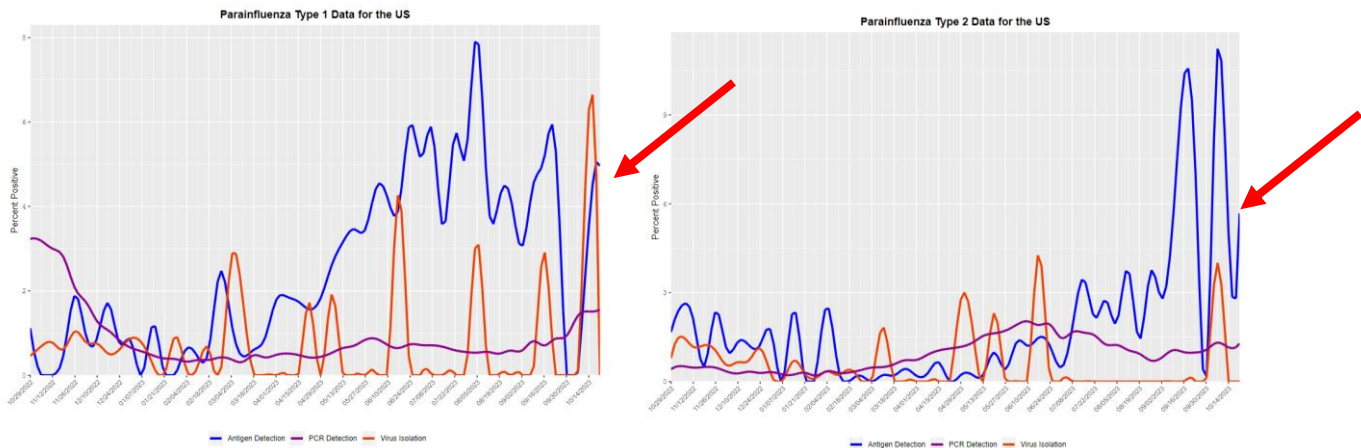


## NATIONAL RESPIRATORY & ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)

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 antigen detection of human parainfluenza viruses (HPIV) type 1 and 2 are elevated. 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. 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: person cleaning a surface)
- 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: face mask)

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## FOOD RECALLS

New this week:

- Over the counter eye drops sold at CVS, Leader, Rugby, RiteAid, Target or Velocity Pharma
- WanaBana fruit puree pouches
- Fresh diced onion products by Gills Onions
- Enoki mushrooms by Qilu Enterprise
- Lobster by Greenhead Lobster
- Ready-to-eat beef and chicken meatballs from Phu Huong Food Company

Previously reported:

- Kroger 16-ounce bagged Collard Greens, due to possible *Listeria monocytogenes* contamination.
- 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 regarding the recalls. Please check your cupboards and throw out any of these items: <https://www.cdc.gov/foodsafety/>

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**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/>

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*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.*

