

WEEKLY EPIDEMIOLOGIST REPORT

November 13, 2023



**Central
Connecticut
Health
District**

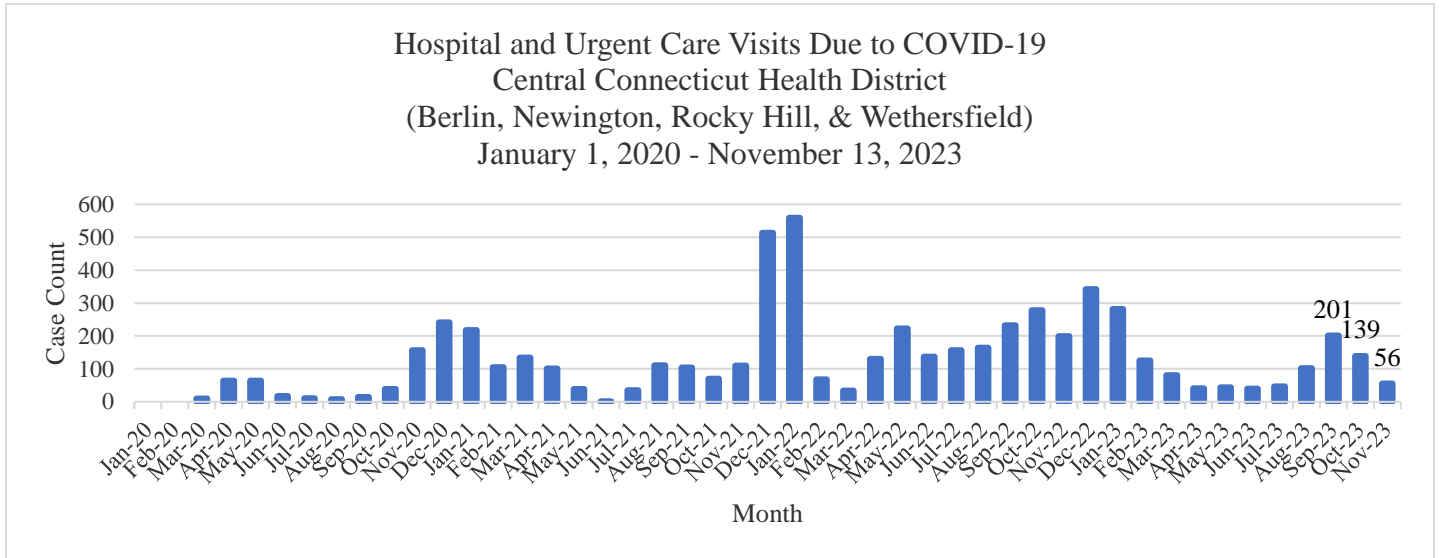
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EPIDEMIOLOGIST, Central Connecticut Health District

RESPIRATORY VIRAL SEASON

CCHD is currently seeing Respiratory Syncytial Virus (RSV) laboratory confirmed cases ramp up, with influenza following behind. COVID-19 rates have remained stable at this time.

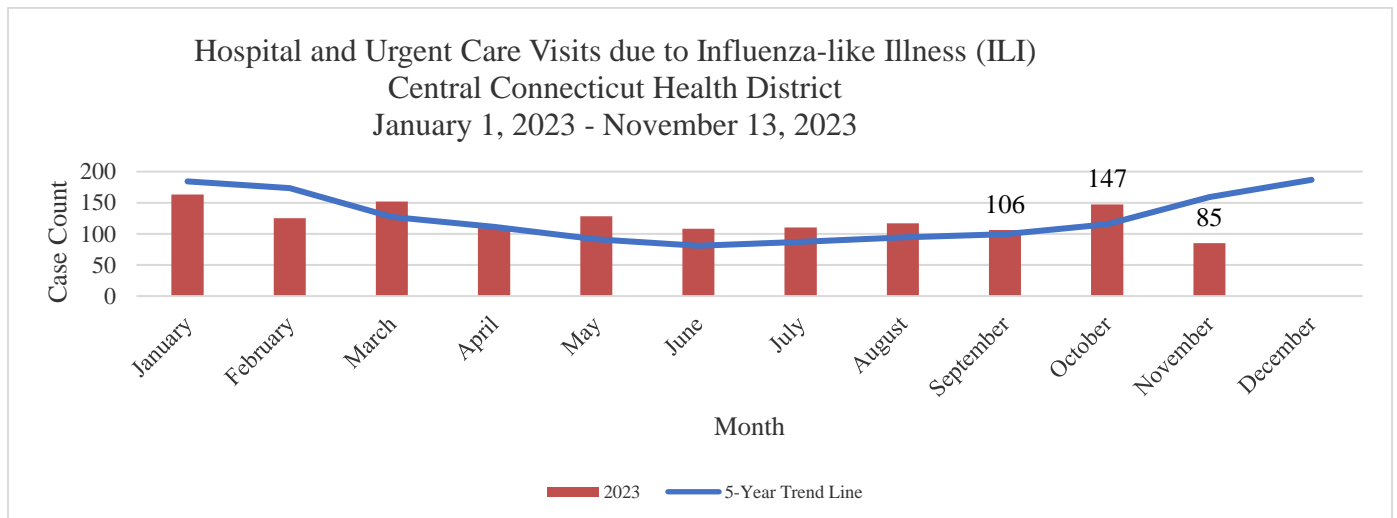
COVID-19 SURVEILLANCE

Data for COVID-19 was collected on November 13, 2023 from EpiCenter. The bar graph below illustrates the syndromic surveillance of hospital and urgent care visits due to COVID-19 (those experiencing symptoms with a COVID-19 diagnosis) in our district. Thirty-seven cases have been reported in the previous week (11/6-11/12).



INFLUENZA SURVEILLANCE

Data for Influenza-like Illness (ILI) was collected on November 13, 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. **Six (+3) laboratory confirmed cases of influenza have been reported since September 1, 2023.**

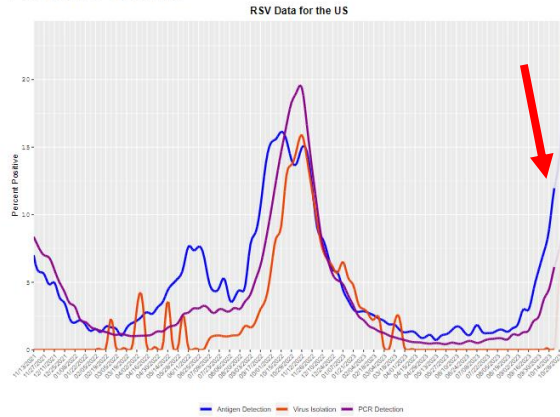


RESPIRATORY SYNCYTIAL VIRUS (RSV)

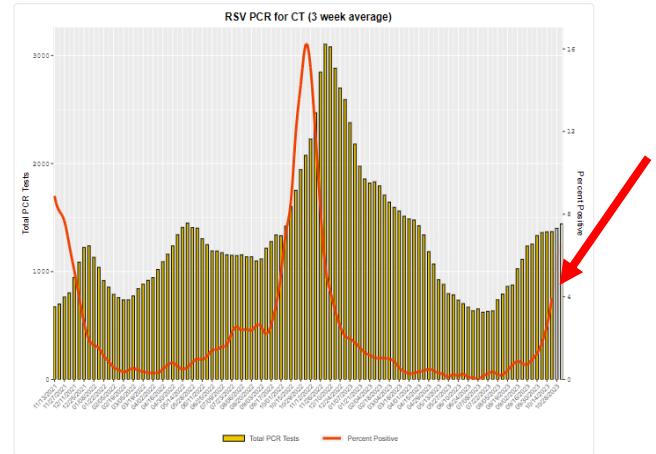
Nationally, and regionally RSV antigen (blue line) and PCR (purple line) percent positivity continue to increase (line graph on left). Connecticut RSV PCR test positivity (red line) is also on the upward trend as of November 9th (see bar graph to the right). **As of September 1, 2023, our district was notified of 21 confirmed cases of RSV (+10 since last week).**

Respiratory Syncytial Virus (RSV)

Percent Positive



Total PCR Tests

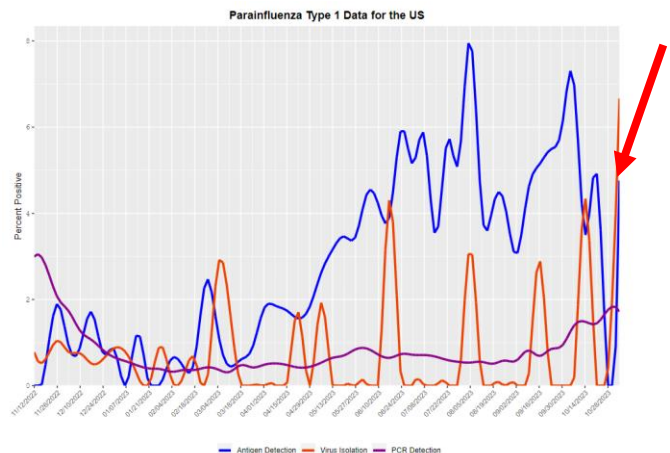


NATIONAL RESPIRATORY & ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)

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, rotavirus and norovirus detection data appear to show no concerning increases.

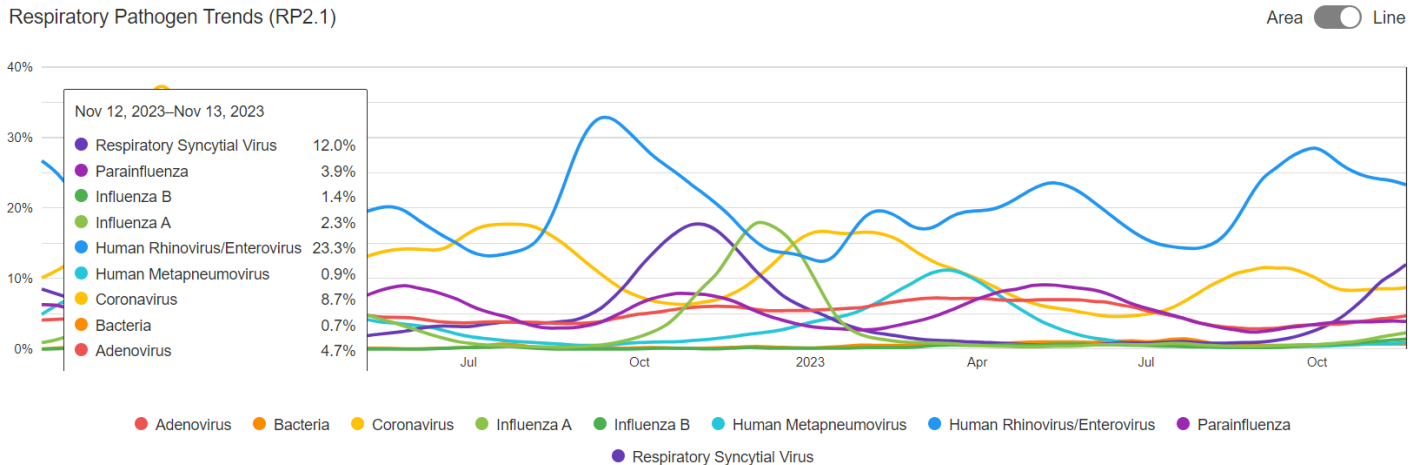
Nationally antigen detection of human parainfluenza viruses (HPIV) type 1 continues to increase as of November 9, 2023. HPIV 1 is associated with croup and can cause upper and lower respiratory illness and cold like symptoms (see graph to the right).



BIOFIRE SYNDROMIC TRENDS

Biofire Syndromic Trends is a software feature from BioFire that provides pathogen circulation trends. BioFire is a syndromic infectious disease diagnostics company that provides healthcare providers with accurate and comprehensive results in a short period of time. The graph below illustrates aggregate BioFire data for respiratory pathogen trends as of November 13, 2023. Human Rhinovirus/Enterovirus appears to be the main pathogen (23.3%, -1) that individuals in the US are testing positive for, followed by RSV (12%, +3.5), and Coronavirus (8.7%, +5) (see line graph on the following page).

Respiratory Pathogen Trends (RP2.1)



<https://www.biofire.com/products/filmarray/biofire-syndromic-trends/>

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,
- Eat healthy, well-balanced meals.



VECTOR BORNE DISEASE

Remember to keep looking for ticks on yourself soon after being outside. This year the district has been notified of 41 probable and suspect cases of Lyme disease, two of which were reported last week. We have also had residents submit ticks in for testing at the Connecticut Agricultural Experimentation Station (CAES). Ticks enjoy finding warmth and moisture under decomposing leaves, and there is still potential for tick bites this time of year. Be sure to continue practicing tick-bite prevention:

https://www.cdc.gov/ticks/avoid/on_people.html.



THANKSGIVING



As we plan and prepare for gathering next week for Thanksgiving, let's remember to keep our family and friends as healthy as we can. Raw turkey can contain *Salmonella*, *Clostridium perfringens*, *Campylobacter*, and other germs. If you plan to cook a whole bird or part of it, you should take special care to prevent food poisoning. Click the link below for the six steps to safely store, thaw, handle, cook, and reheat your turkey:

<https://www.cdc.gov/foodsafety/communication/holiday-turkey.html>

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.