

WEEKLY EPIDEMIOLOGIST REPORT

November 20, 2023



**Central
Connecticut
Health
District**

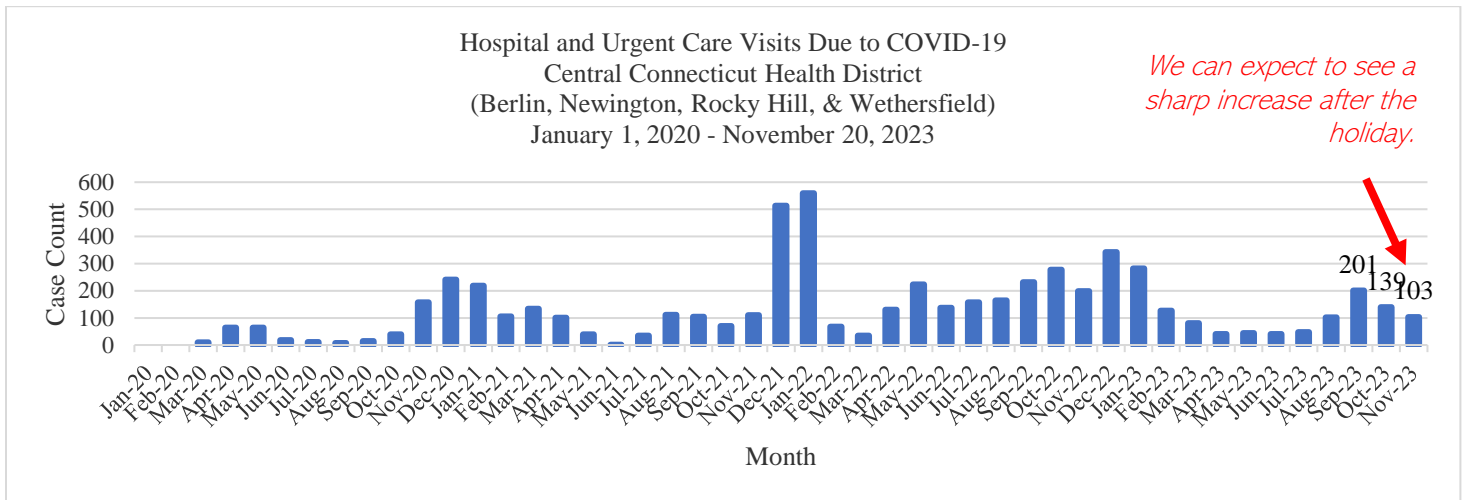
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EPIDEMIOLOGIST, Central Connecticut Health District

RESPIRATORY VIRAL SEASON

CCHD is currently seeing Respiratory Syncytial Virus (RSV) laboratory confirmed cases ramp up, with influenza following behind. **COVID-19 rates appear to be stable, however, we have received a COVID-19 outbreak notification in our district this week.** Remember, if you are sick stay home to prevent the spread of germs to others.

COVID-19 SURVEILLANCE

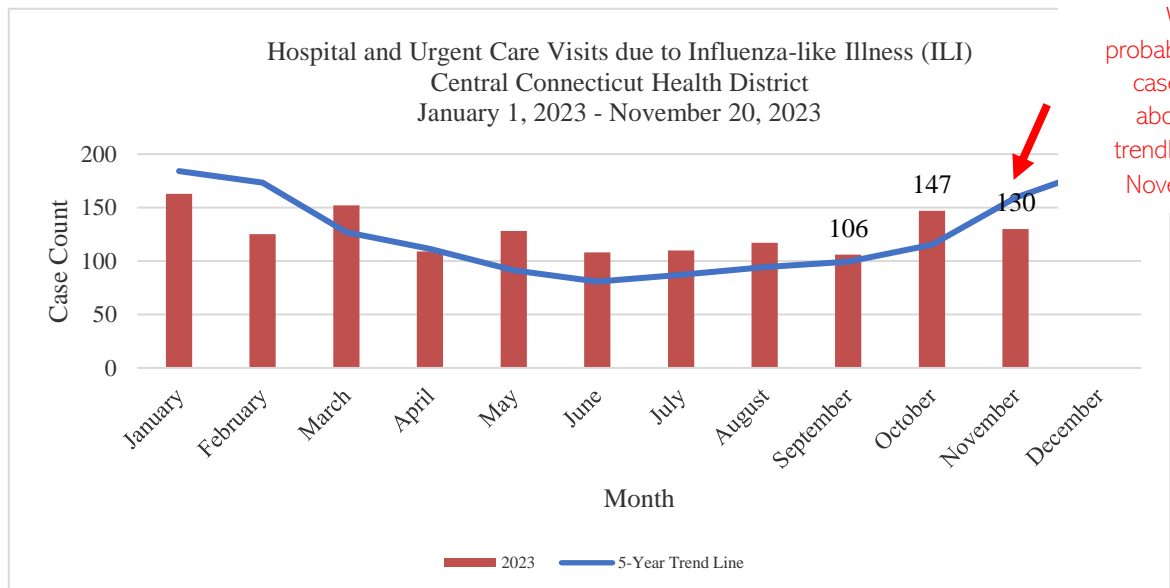
Data for COVID-19 was collected on November 20, 2023 from EpiCenter. The bar graph below illustrates the syndromic surveillance of hospital and urgent care visits due to COVID-19 (those experiencing symptoms with a COVID-19 diagnosis) in our district. Fifty-six (56) cases were reported between 11/14 – 11/20. We expect to see cases continue to increase as more people gather for the holidays.



INFLUENZA SURVEILLANCE

Data for Influenza-like Illness (ILI) was collected on November 20, 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.

Eight (+2) laboratory confirmed cases of influenza have been reported since September 1, 2023.

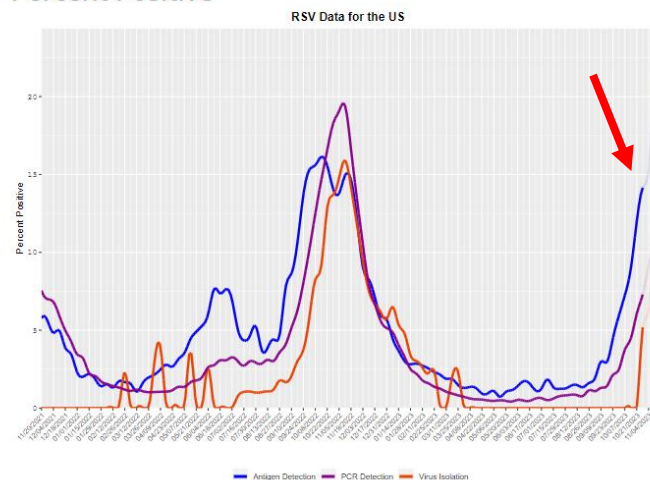


RESPIRATORY SYNCYTIAL VIRUS (RSV)

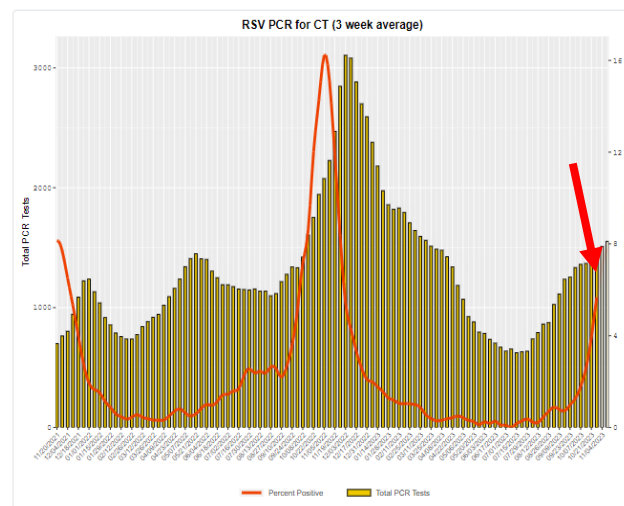
Nationally, and regionally RSV antigen (blue line) and PCR (purple line) percent positivity continue to increase (line graph on left). Connecticut RSV PCR test positivity (red line) is also on the upward trend as of November 16th (see bar graph to the right). **Since September 1, 2023, our district was notified of 27 confirmed cases of RSV (+6 since last week).**

Respiratory Syncytial Virus (RSV)

Percent Positive



Total PCR Tests



NATIONAL RESPIRATORY & ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)

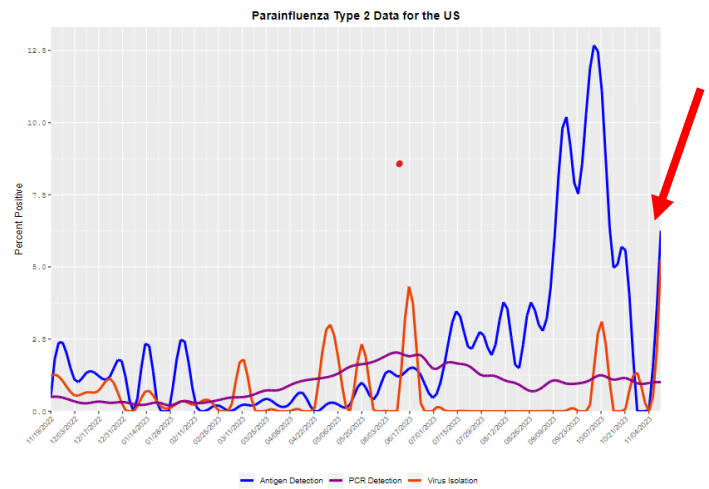
The National Respiratory and Enteric Virus Surveillance System (NREVSS) is a laboratory-based system that monitors temporal and geographic circulation patterns (patterns occurring in time and place) of respiratory syncytial virus (RSV), human parainfluenza viruses (HPIV), human metapneumovirus (HMPV), 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. Data from NREVSS was updated November 16, 2023.

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

Norovirus test positivity is starting to make a steady increase in the Northeast, CCHD will continue to conduct surveillance and report on significant trends. Norovirus is the leading cause of vomiting and diarrhea, and foodborne illness in the United States. People of all ages can get infected and sick with norovirus, which spreads very easily and quickly. <https://www.cdc.gov/norovirus/about/prevention.html>

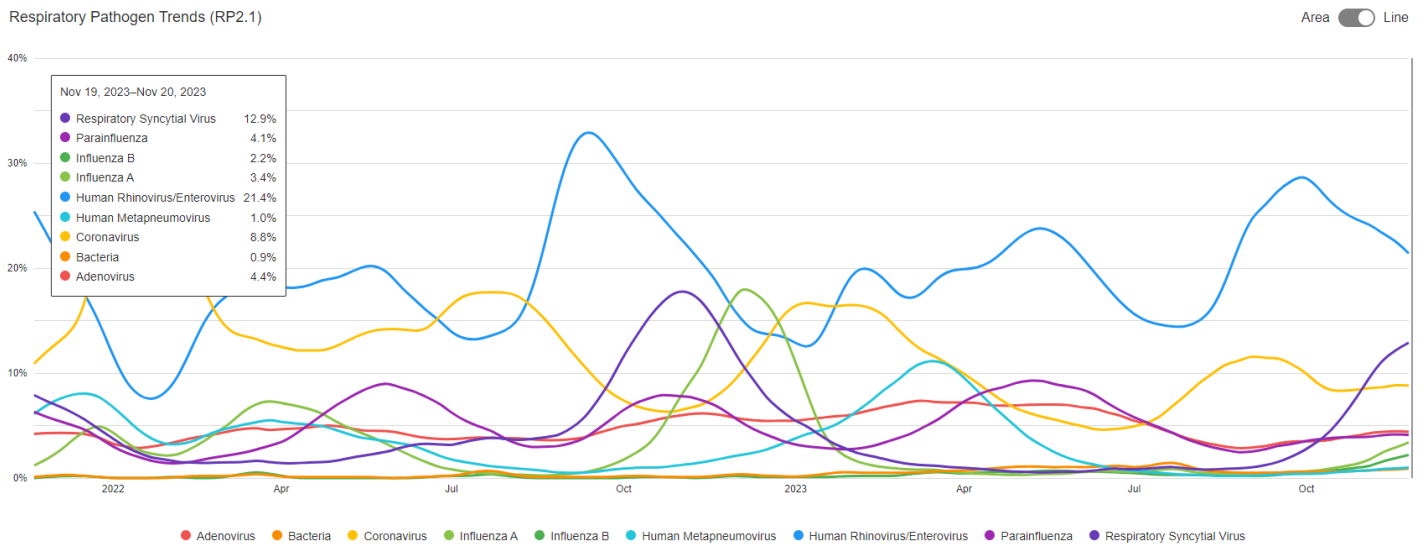
Rotavirus test positivity is also steadily increasing in the Northeast, rotavirus disease is characterized by vomiting and watery diarrhea for three to eight days. Fever and abdominal pain also are common. Additional symptoms include loss of appetite and dehydration. The highest rates of illness occur among infants and children age 5 and under. Adults can get rotavirus, though disease tends to be milder.

Nationally antigen detection of human parainfluenza viruses (HPIV) type 1 has dipped, while HPIV type 2 has increased. HPIV 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 20, 2023. Human Rhinovirus/Enterovirus still is the main pathogen (21.4%, -1.9) that individuals in the US are testing positive for, followed by RSV (12.9%, +.9), and Coronavirus (8.8%, +.1) (see figure below).



<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.



Make sure to scrub your hands
with soap and water for at least
20 seconds!



Get inbetween your fingers and don't forget the
top part of your hands.



If you are hosting gatherings this year, consider improving ventilation in your home. The CDC has some simple ways you can reduce viral particles in the air:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/improving-ventilation-home.html>

VECTOR BORNE DISEASE

Remember to keep looking for ticks on yourself soon after being outside. This month the district has been notified of one (1) suspect case of babesiosis and three (3) suspect cases of Lyme disease. We have also had residents submit ticks in for testing at the Connecticut Agricultural Experimentation Station (CAES) that are returning back positive for Lyme. 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

With Thanksgiving this Thursday, have you thought about what you will be doing with your turkey leftovers? Maybe you're thinking of making a turkey pot pie or open faced turkey sandwiches drizzled with warm gravy.....whatever it is, be sure to follow these tips to safely store and reheat your leftovers:

- Refrigerate leftovers at 40°F or colder within 2 hours of cooking to prevent food poisoning.
- Refrigerate leftovers that have been exposed to temperatures higher than 90°F, like in a hot car, within 1 hour.
- If you are refrigerating a big cut of meat, such as a turkey or roast, cut it into smaller pieces so they cool quickly. You do not need to wait until food is cool to store it in the refrigerator or freezer.
- Eat cooked turkey and dishes made with it, such as soup or a casserole, within 3 to 4 days.
- Freeze leftovers to store them for longer.
- Reheat all leftovers to at least 165°F before serving or eating.



www.sprinklesandsprouts.com/open-faced-turkey-sandwich/

FOOD RECALLS

The following foods are being recalled because they are contaminated. Please check your cupboards and throw out any of these items:

New this week:

- TFP Nutrition Dry Dog, Dry Cat and Catfish food
- Whole Peaches, Plums and Nectarines by the HMC group Marketing, Inc.
- Over the counter Pain and Fever Reliever for Infants and Kids by KinderFarms, LLC
- Ice cream, yogurt, ice cream bars, and gelato by Wilcox Ice Cream
- Cantaloupe chunks and fruit mixes containing fresh cantaloupe (Malichita/Soifa Procude LLC dva Trufresh)



Previously reported:

- Tyson chicken nuggets: <https://www.fsis.usda.gov/recalls-alerts/tyson-foods-inc--recalls-chicken-patty-product-due-possible-foreign-matter>
- Multiple brands of eye drops by Kilitch Healthcare India Limited
- Multiple brands of Apple Cinnamon Fruit Puree by Wanabana LLC

For more information on recalls due to undeclared allergens please visit:
https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts?utm_source=substack&utm_medium=email



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.