

WEEKLY EPIDEMIOLOGIST REPORT

December 4, 2023



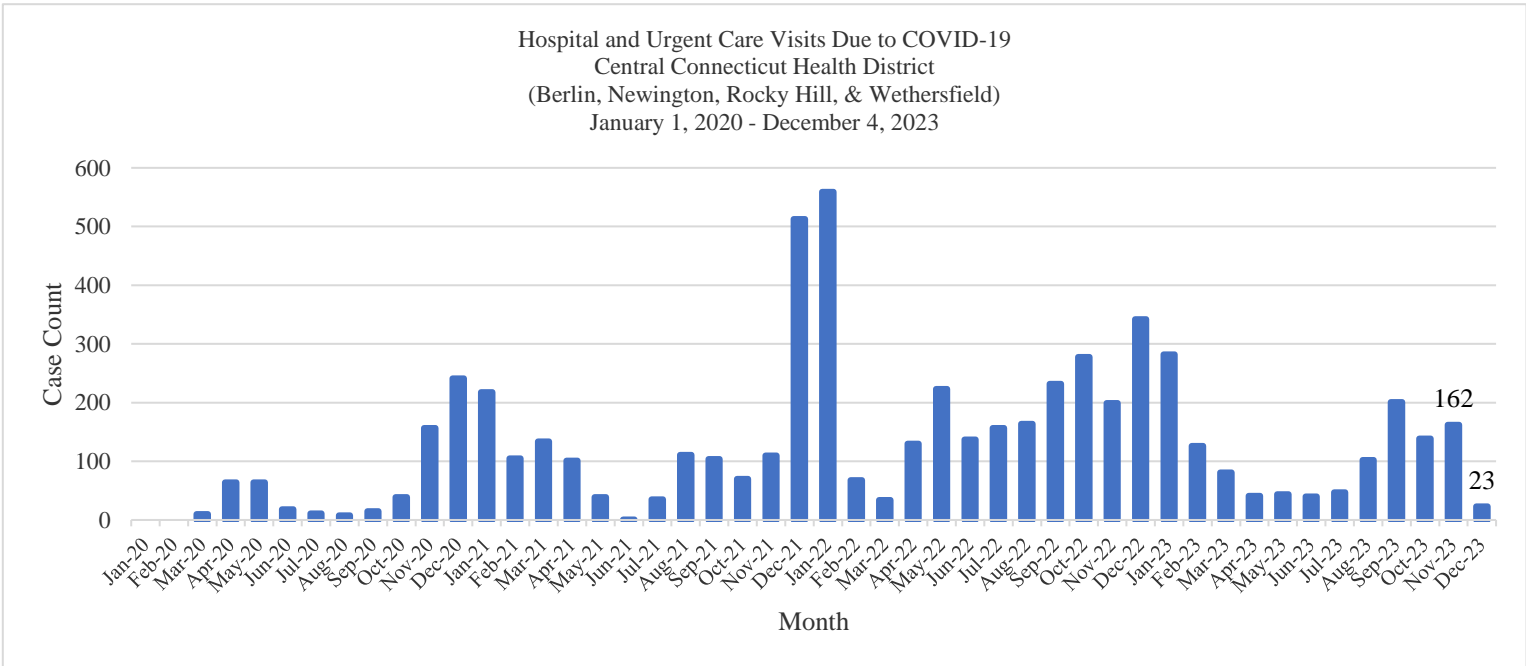
Christine DePierro-Gacek, MAT, MPH
EPIDEMIOLOGIST, Central Connecticut Health District

RESPIRATORY VIRAL SEASON

CCHD is starting to see the results of disease transmission from Thanksgiving gatherings and travel. Respiratory Syncytial Virus (RSV) appears to be the most prevalent virus circulating at this time, however laboratory-confirmed cases of influenza are increasing and will most likely continue to increase throughout the season. COVID-19 is still circulating along with RSV and flu. 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 December 4, 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. Forty-four cases were reported between 11/28-12/4.

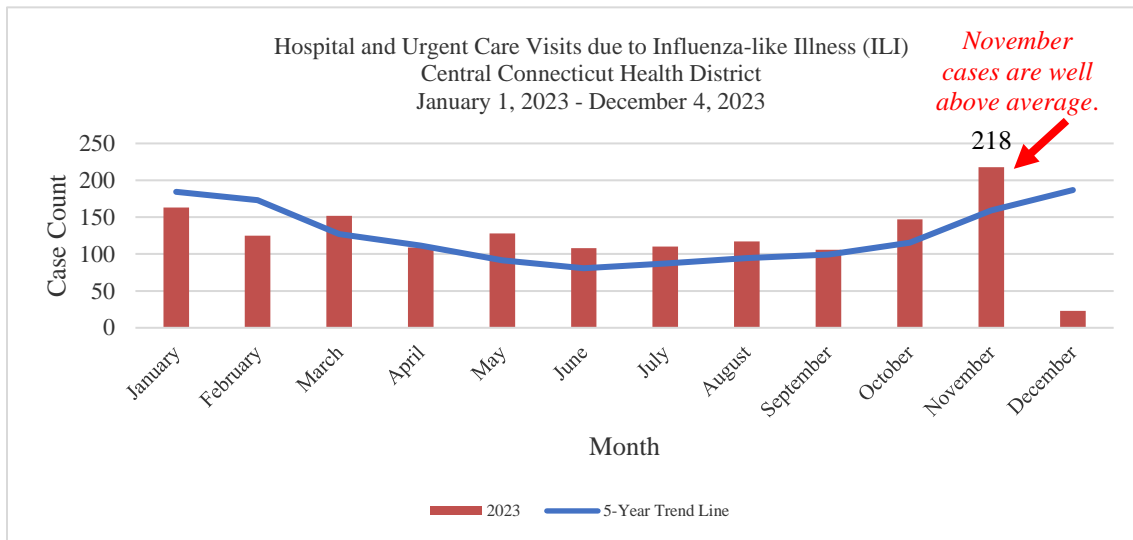


CCHD no longer has at-home COVID-19 test kits; however you can go to www.covid.gov/tests to order four free at-home tests as of November 20th. If you did not order tests this fall, you may place two orders for a total of 8 tests. In early December, school districts will be able to order at-home tests for distribution in schools.

If you would like to get tested for COVID-19, please contact our Clinical Health Supervisor, Lisa Coakley to make an appointment for a rapid PCR test. Please call (860) 335-7158 or email lcoakley@ccthd.org. Our clinic is located at 506 Cromwell Avenue in Rocky Hill. For more information on clinic offerings, please visit: <https://www.ccthd.org/chs>

INFLUENZA SURVEILLANCE

Data for Influenza-like Illness (ILI) was collected on December 4, 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.



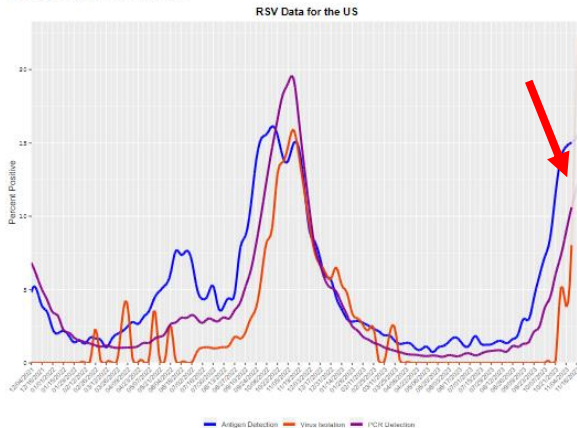
Data for laboratory-confirmed cases of influenza in the district was obtained from the Connecticut CTEDSS database. As of September 9, 2023, twenty-four laboratory confirmed cases of influenza were reported to the district. Of those cases, 92% were identified as influenza type A.

RESPIRATORY SYNCYTIAL VIRUS (RSV)

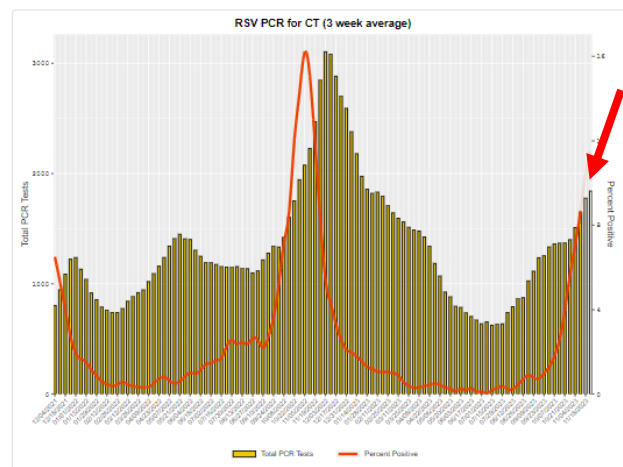
Nationally, and regionally RSV antigen (blue line) and PCR (purple line) percent positivity continue to increase (line graph on left). Connecticut RSV PCR test positivity (red line) is also on the upward trend as of November 30th (see bar graph to the right).

Respiratory Syncytial Virus (RSV)

Percent Positive



Total PCR Tests



Since September 1, 2023, our district was notified of 61 laboratory-confirmed cases of RSV in the CTEDSS database. The majority of those cases were among children ages zero to three years of age (see Table 1 below).

Table 1- Laboratory-confirmed RSV

<i>Age Group in Years</i>	<i>Percent (n)</i>
0 to 3	46% (28)
4 to 18	11% (7)
19 to 64	18% (11)
65+	25% (15)

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 30, 2023.

Norovirus test positivity continues to 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>

Nationally antigen detection of human parainfluenza viruses (HPIV) type 1 & 2 have decreased, however virus isolation for both HPIV 1 & 2 remain high. HPIV is associated with croup and can cause upper and lower respiratory illness and cold like symptoms. HPIV can also cause more severe illness such as bronchitis, bronchiolitis, and pneumonia.

Rotavirus antigen detection has bounced back up. 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.

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

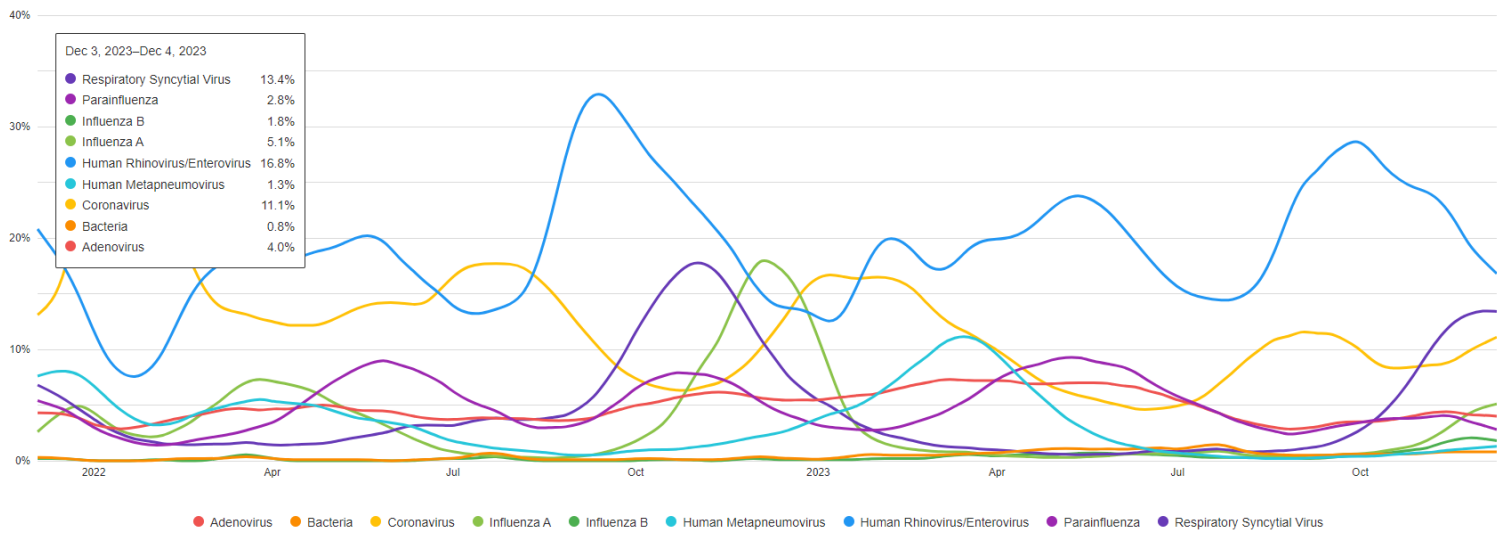
BIOFIRE SYNDROMIC TRENDS

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

The figure on the next page illustrates aggregate BioFire data for respiratory pathogen trends as of December 4, 2023. Human Rhinovirus/Enterovirus still is the main pathogen (16.8%, -2.3) that individuals in the US are testing positive for, followed by RSV (13.4%, - .5), Coronavirus (11.1%, +1.6), and influenza A (5.1%).

Respiratory Pathogen Trends (RP2.1)

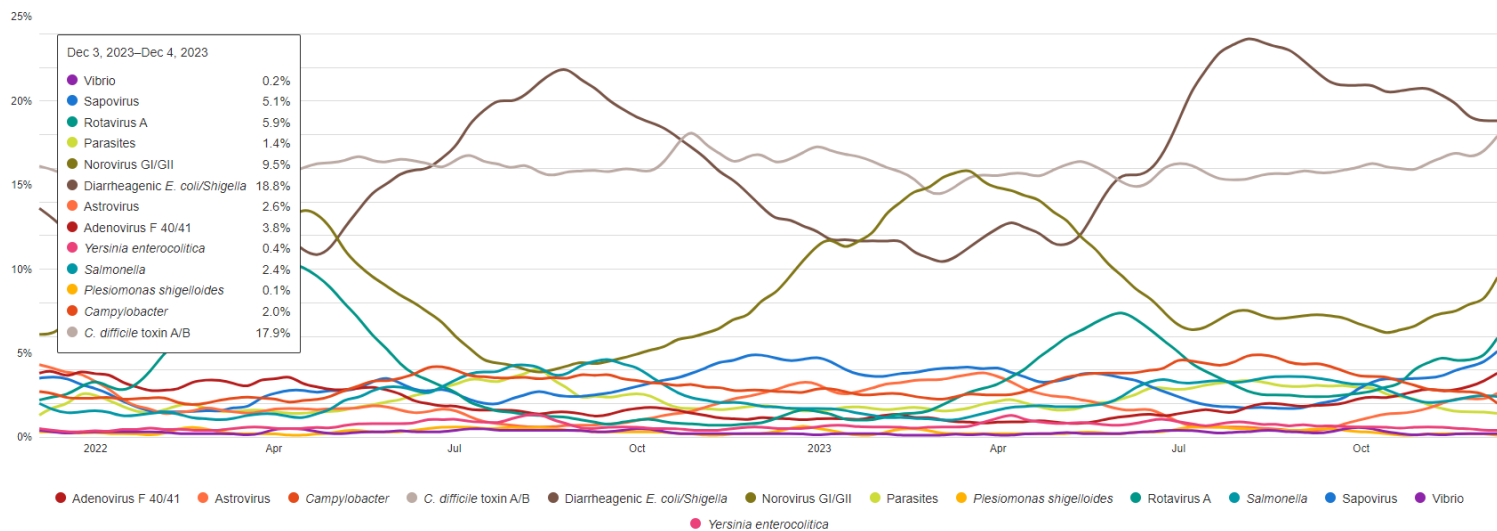
Area Line



The figure below illustrates aggregate BioFire data for gastrointestinal pathogen trends as of December 4, 2023. Diarrheagenic *E.coli/Shigella* is the main pathogen (18.8%) that individuals in the US are testing positive for, followed by *C.difficile* toxin A/B (17.9%), Norovirus (9.5%), Rotavirus A (5.9%) and Sapovirus (5.1%).

Gastrointestinal Pathogen Trends

Area Line



PREVENTION

Not only are respiratory viruses circulating at this time, but gastrointestinal pathogens are as well. The best way to prevent the spread of infectious respiratory or gastrointestinal 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.



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:

- Malichita Whole Cantaloupe by Pacific Trellis Fruits, LLC (Salmonella)
- Cantaloupe Chunks and fruit mixes containing cantaloupe, Cut Fruit Express, Inc, Bix Produce, GHGA, LLC (Sprouts Farmers Market, Trader Joe's) (Salmonella)
- Burn Boot Camp Triple Chocolate Almond Flavored Whey Protein Bars by Doctors Scientific Organica (foreign material)
- Hilltop Meadow Farm Pepper Jack Raw Milk Cheese (*Listeria monocytogenes*)

Previously reported:

- Malichita Whole Cantaloupe by Pacific Trellis Fruit, LLC dba Dulcinea
- Seasonal Blend, Melon Trio Canteloupes by CF Dallas, LLC
- Dianne's Fine Desserts Chocolate Decadent Brownies by Sienna Bakery
- Hy-Vee Turkey Gravy by Seneca Foods Corporatoin
- Cantaloupe chunks and fruit mixes containing fresh cantaloupe by Crown Jewel Produce
- Viktrakvi oral solution 20 mg/mL in 100 mL glass bottles by Bayer
- 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 Infancts 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)



Image from: <https://www.foxnews.com/health/salmonella-outbreak-linked-cantaloupes-killed-2-infected-99-wake-up-call>

- 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>

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

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

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

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.