

# WEEKLY EPIDEMIOLOGIST REPORT

December 11, 2023



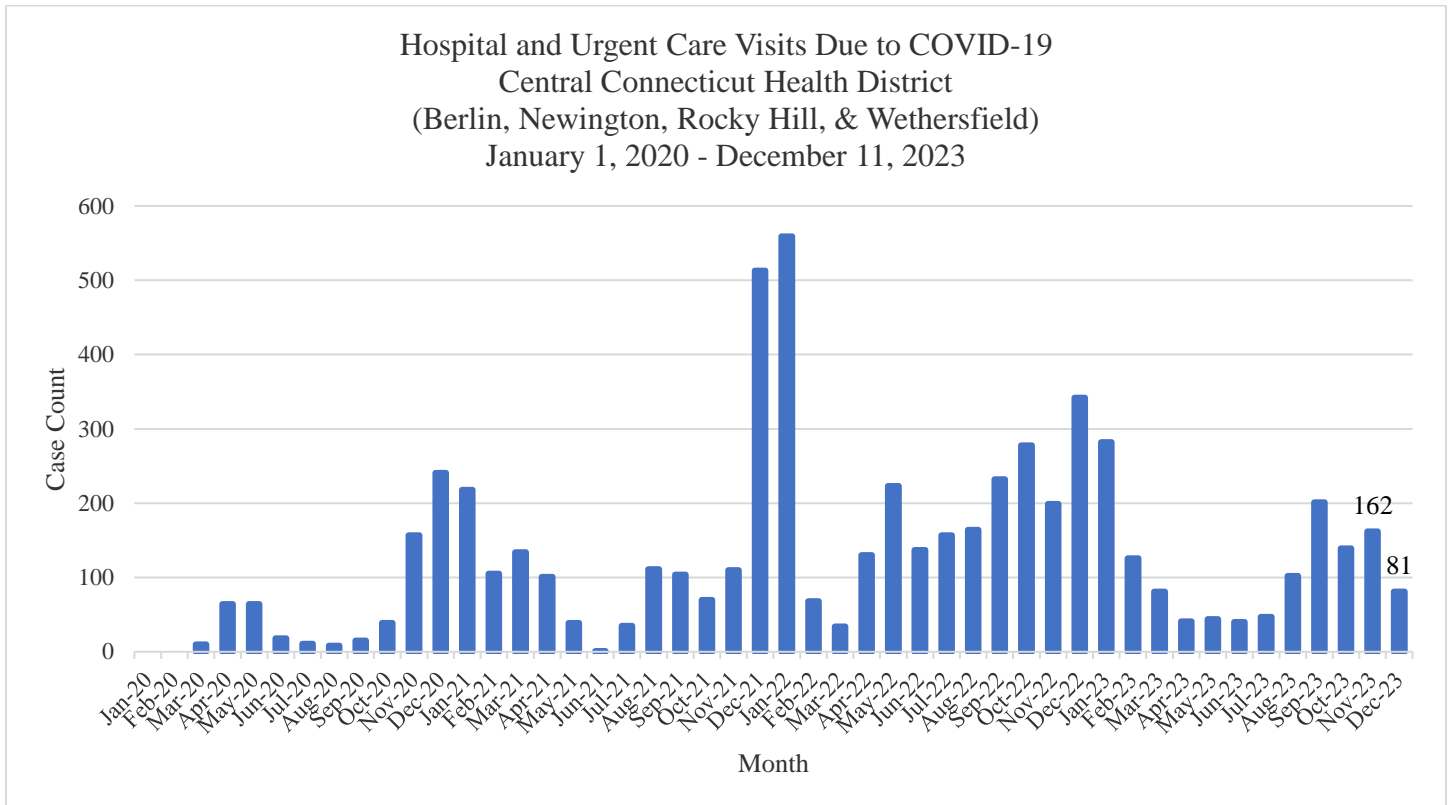
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EPIDEMIOLOGIST, Central Connecticut Health District

## RESPIRATORY VIRAL SEASON

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 11, 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-eight cases were reported between 12/5-12/11.

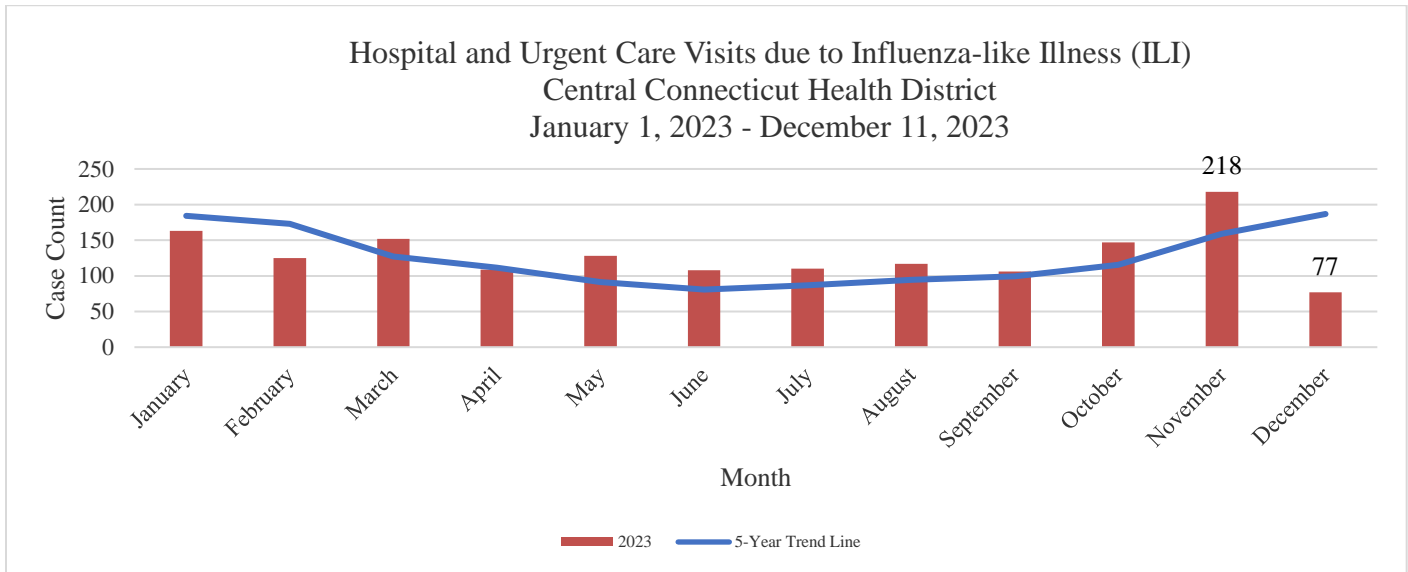


CCHD no longer has at-home COVID-19 test kits; however you can go to [www.covid.gov/tests](http://www.covid.gov/tests) to order four free at-home tests as of November 20<sup>th</sup>. If you did not order tests this fall, you may place two orders for a total of 8 tests. In early December, school districts 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](mailto: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>

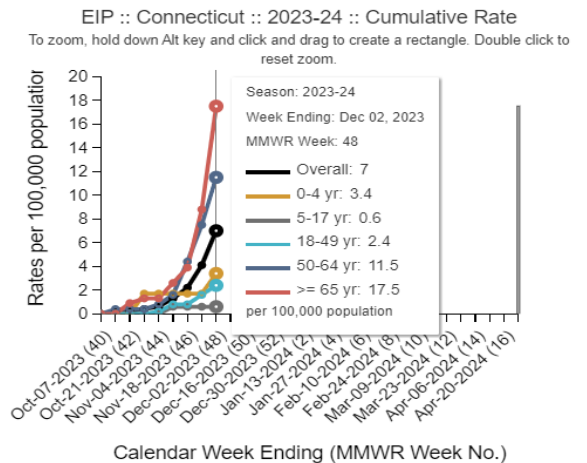
## INFLUENZA SURVEILLANCE

Data for Influenza-like Illness (ILI) was collected on December 11, 2023 from EpiCenter. The graph below illustrates the syndromic surveillance of hospital and urgent care visits due to 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.



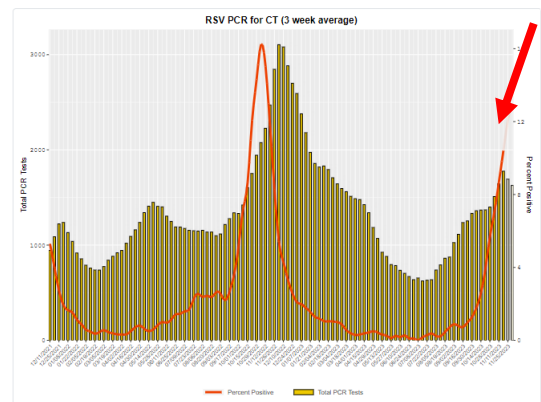
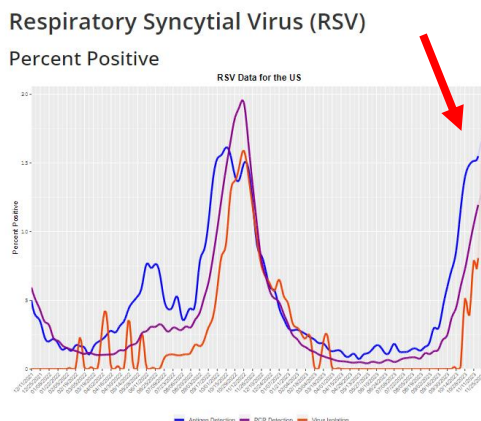
In Connecticut, the majority of those hospitalized with influenza are those who are 65 years of age or older (17.5 per 100,000 population) followed by those who are 50-64 years of age (11.5 per 100,000 population) and those who are 0-4 years of age (3.4 per 100,000 population). The figure to the right can be found at

<https://gis.cdc.gov/GRASP/Fluview/FluHospRates.html>

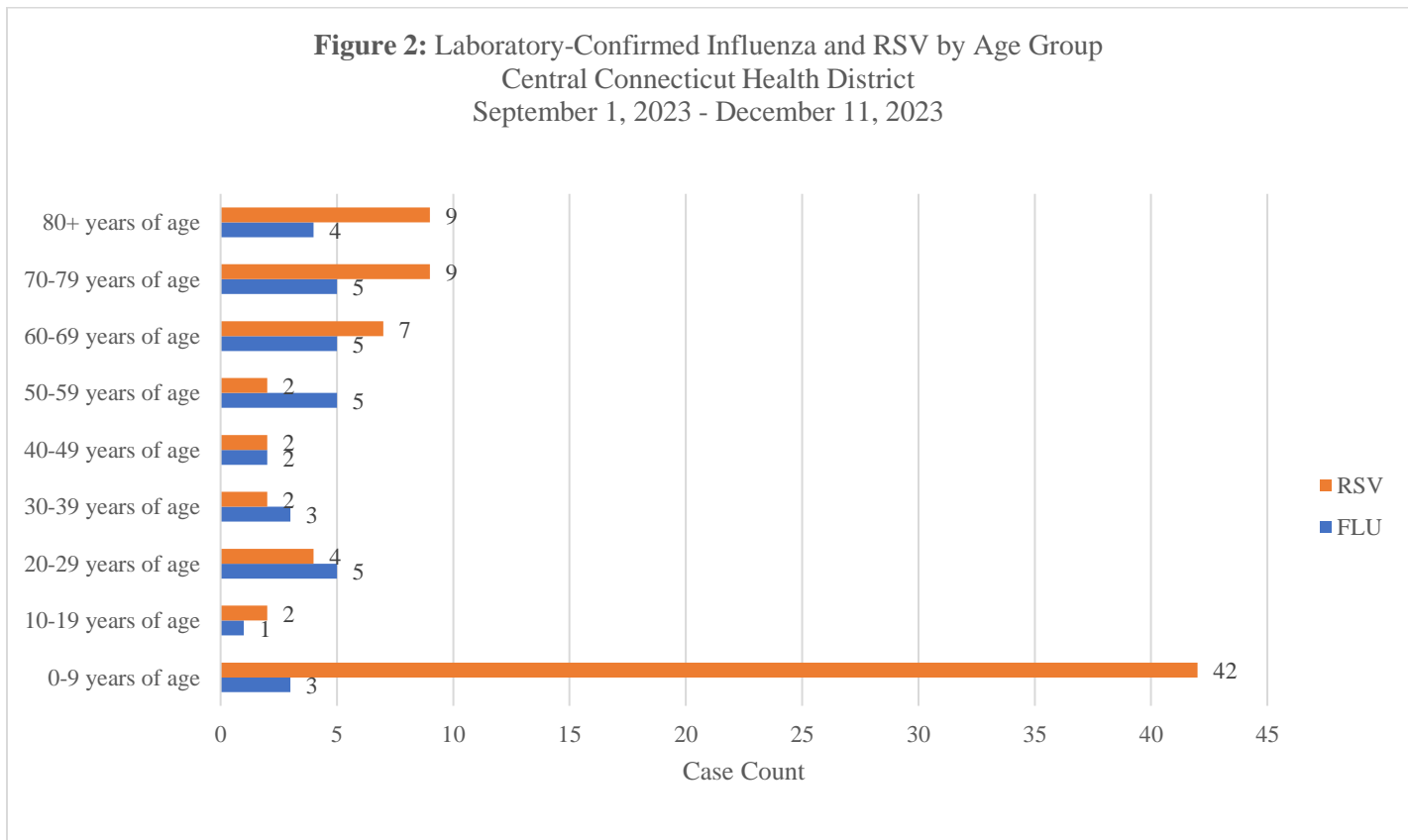
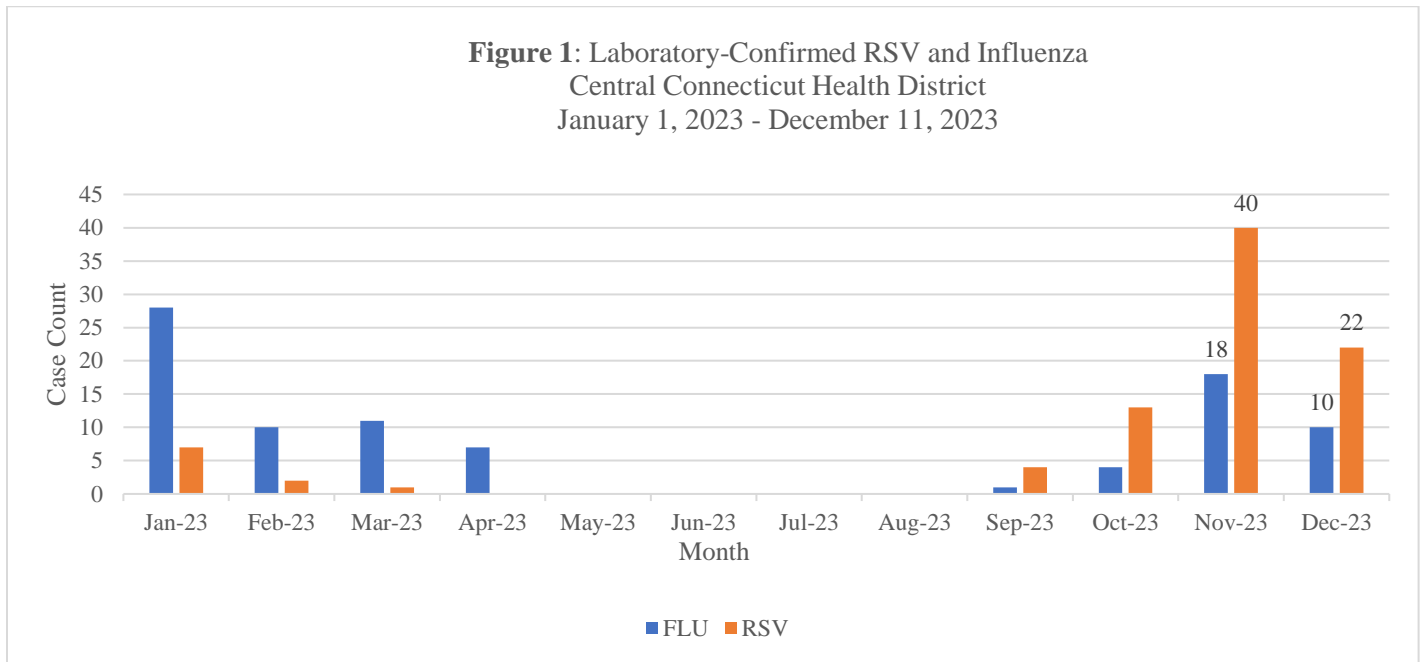


## RESPIRATORY SYNCYTIAL VIRUS (RSV)

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 December 7<sup>th</sup> (see bar graph to the right).



Since September 1, 2023, our district was notified of 33 laboratory-confirmed cases of influenza (94% influenza type A, 3% type B, 3% unknown), and 79 laboratory-confirmed cases of RSV in the CTEDSS database (see Figure 1 below). The majority of laboratory-confirmed RSV cases were among children ages zero to nine years of age (see Figure 2 below) with most of them infants, ages 0 to 2 years of age, (71%).

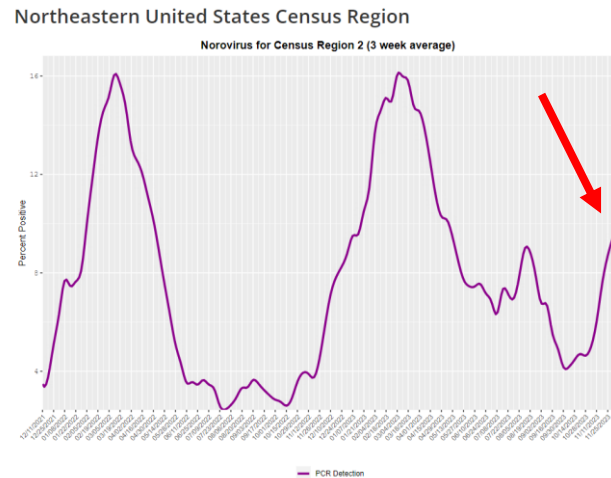


## NATIONAL RESPIRATORY & ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)

*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 December 7, 2023.*

**Norovirus test positivity remains high in the Northeast (9.5%).** The figure to the right illustrates the three week average percent positivity since December 11, 2021. 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>



**Seasonal Coronavirus CoVOC43 percent positive is up to 1.4%.** COVOC43 symptoms include runny nose, sore throat, headache, fever, cough, and a general feeling of being unwell. It can sometimes cause lower-respiratory tract illnesses, such as pneumonia or bronchitis.

**Rotavirus percent positivity has increased to 5.5% 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.

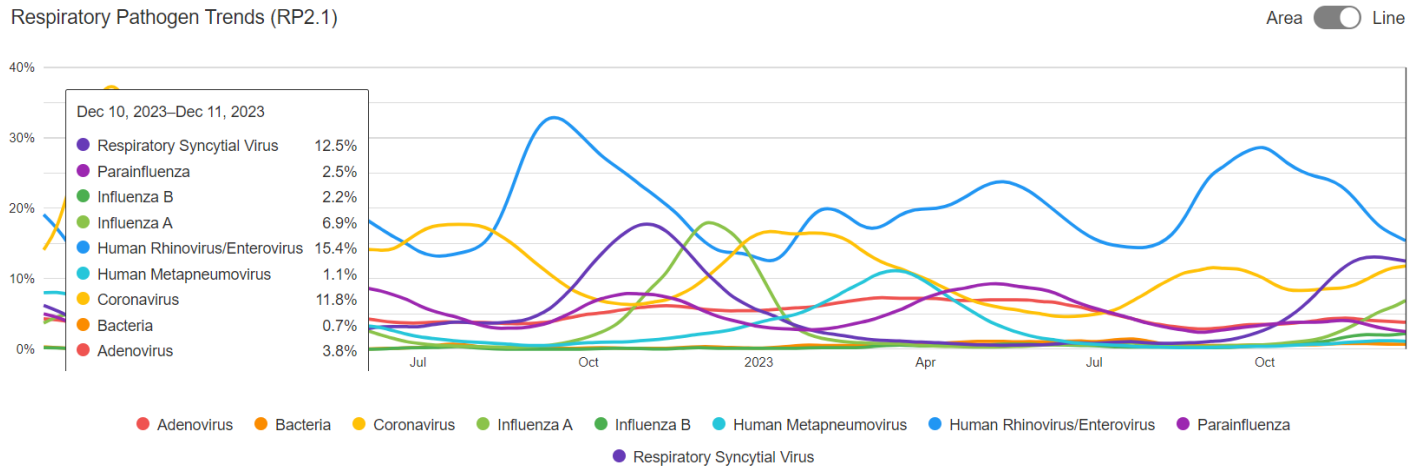
Human parainfluenza viruses (HPIV) and human metapneumovirus detection data appear to show no concerning increases.

## 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/>

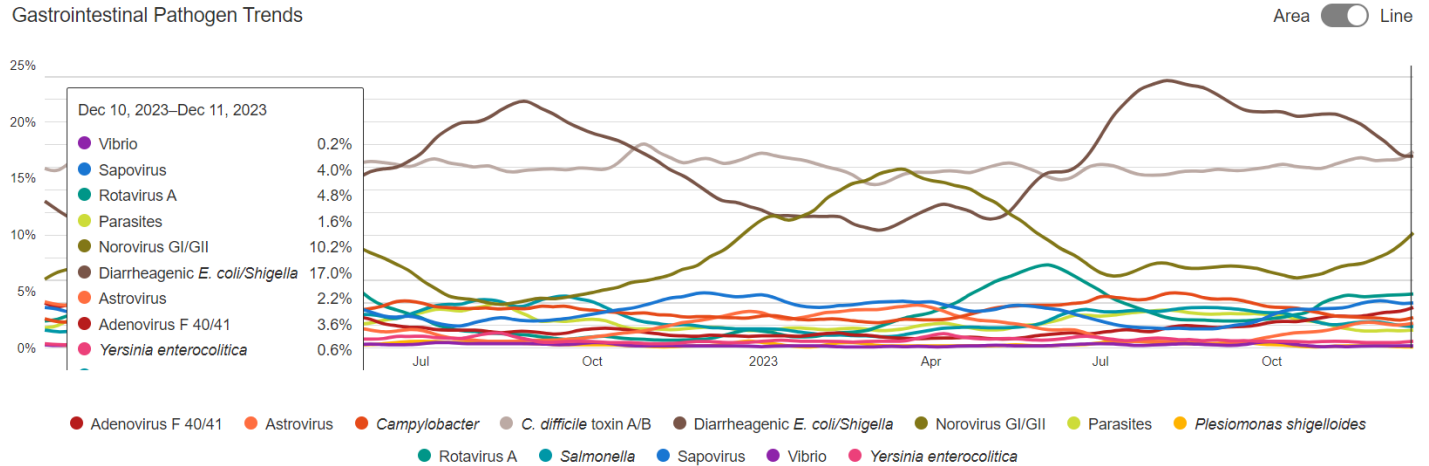
The figure on the next page illustrates aggregate BioFire data for respiratory pathogen trends as of December 11, 2023. Human Rhinovirus/Enterovirus still is the main pathogen (15.4%, -1.4) that individuals in the US are testing positive for, followed by RSV (12.5%, - .9), Coronavirus (11.8%, +.7), and influenza A (6.9%, +1.8).

Respiratory Pathogen Trends (RP2.1)



The figure below illustrates aggregate BioFire data for gastrointestinal pathogen trends as of December 11, 2023. Diarrheagenic *E.coli/Shigella* is the main pathogen (17%, -1.8) that individuals in the US are testing positive for, followed by *C.difficile* toxin A/B (17.4%, -.5), Norovirus (10.2%, +.7), Rotavirus A (4.8% . -1.1) and Sapovirus (4.0%, -1.1).

Gastrointestinal Pathogen Trends



## 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,
- Wear a mask in crowded places,
- Minimize close contact with sick people,
- Eat healthy, well-balanced meals, and
- Stay hydrated.





## 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:**

- Chef's Line Fire Grilled Chicken Breast (undercooked chicken) by Wayne Farms LLC
- Freshness Guaranteed Chicken Fried Rice Diced Chicken Meat with Vegetables and Rice in a Savory Soy Sauce (*Listeria monocytogenes*) by Garland Ventures LTD

### **Previously reported:**

- Cantaloupe Chunks and fruit mixes containing cantaloupe, Cut Fruit Express, Inc, Bix Produce, GHGA, LLC (Sprouts Farmers Market, Trader Joe's) (*Salmonella*)
- Peaches, Nectarines, and Plums Distributed by HMC Farms
- 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*)
- 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>



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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/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.*