

# WEEKLY EPIDEMIOLOGIST REPORT

April 1, 2024



**Central  
Connecticut  
Health  
District**

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## NATIONAL PUBLIC HEALTH WEEK

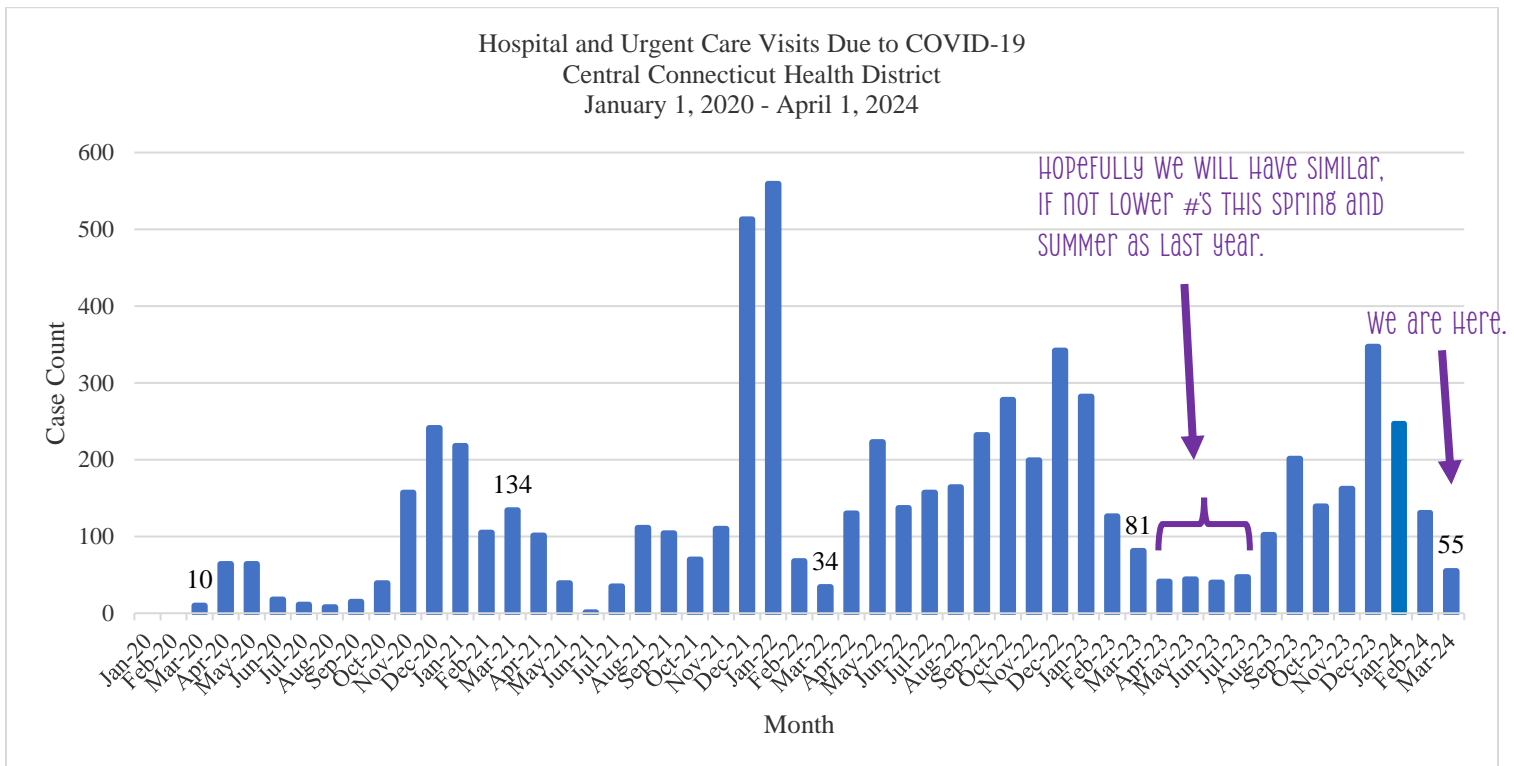
Happy National Public Health Week! Join CCHD in celebrating this week, April 1-7, 2024 by participating in our community conversation tonight at 6:30 PM in person or attend via phone or Zoom, sign up here:

<https://www.ccthd.org/nphw-community-conversation>, or if you would like to attend in person, just stop by 2080 Silas Deane Highway, Suite 100, Rocky Hill, CT! You can learn more about what the district will be doing this week by clicking here: <https://www.ccthd.org/nphw>.

## RESPIRATORY VIRAL SEASON

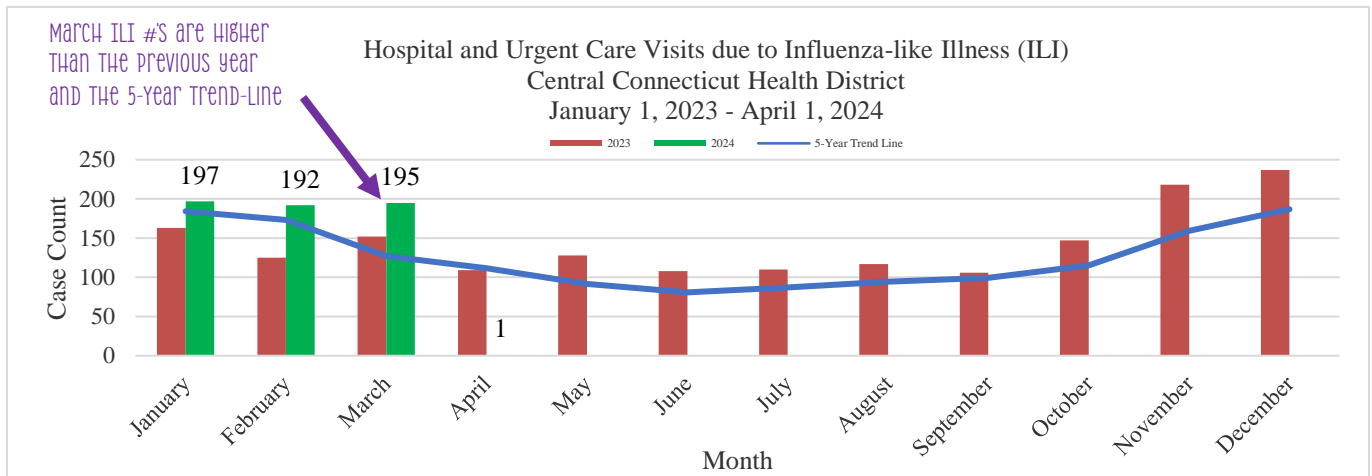
### COVID-19 SURVEILLANCE

Data for COVID-19 is as of April 1, 2024 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. Twelve cases were reported between 3/26/24-4/1/24. Nationally, wastewater surveillance for COVID-19 indicates a low viral activity level. COVID-19 appears to be on the downward trend all around and will hopefully remain low throughout the Spring and Summer months.



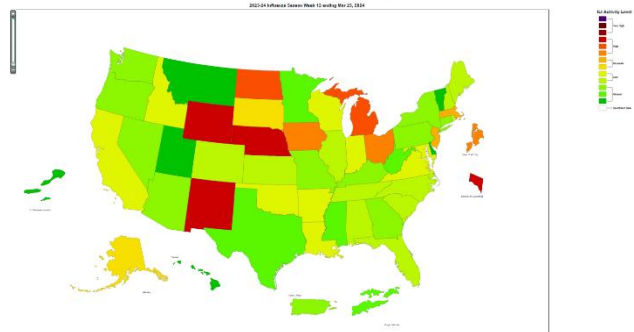
## INFLUENZA SURVEILLANCE

Data for Influenza-like Illness (ILI) is as of April 1, 2024 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 and last 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. Thirty-two cases of ILI were reported during the week of 3/26/24-4/1/24.



### The CDC's FLUView Interactive Map

<https://gis.cdc.gov/grasp/fluview/main.html> is a system that monitors visits for respiratory illness that includes fever plus a cough or sore throat (ILI), not laboratory-confirmed influenza and may capture patient visits due to other respiratory pathogens that cause similar symptoms. Connecticut's ILI Activity Level dropped to the **MINIMAL** level as of March 24, 2024.



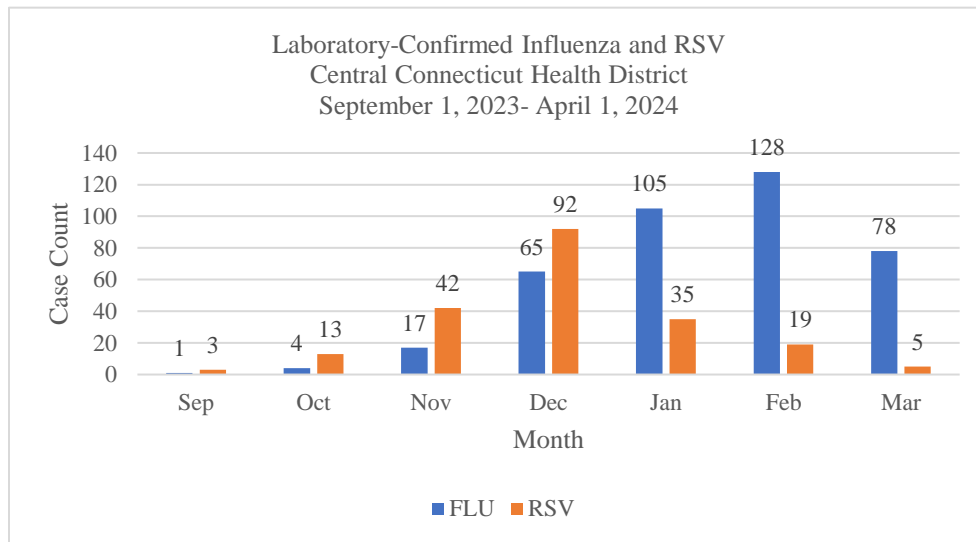
### Avian

influenza A(H5N1) continues to circulate nationally and globally. The virus is primarily found in wild birds, but it often spills over into commercial flocks and mammals. Recently avian influenza A(H5N1) has been detected in dairy cows in New Mexico, Texas, Michigan, Idaho and Kansas. Symptoms in dairy cows include reduced milk production and low appetite. Previously there was a report of goats contracting bird flu in Minnesota, which was the first known case of the virus in domestic ruminants. This situation is concerning because infections have been found in animals not

previously affected. There is potential for H5N1 to evolve to spread easily between humans; however, there is no evidence for this as of yet. If you have backyard poultry, please visit the following link for more information on protecting your flock: <https://www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/avian/defend-the-flock-program/df-resources/df-resources>

## RESPIRATORY SYNCYTIAL VIRUS (RSV)

Nationally RSV positivity continues on the downward trend, as well as in the state of Connecticut according to the NRVSS. The district was notified of 398 (+26) laboratory-confirmed of influenza (91% type A, 7% type B, and 2% unknown), and 209 laboratory-confirmed cases of RSV (+0) in the CTEDSS database (see figure below) since September 1, 2023.

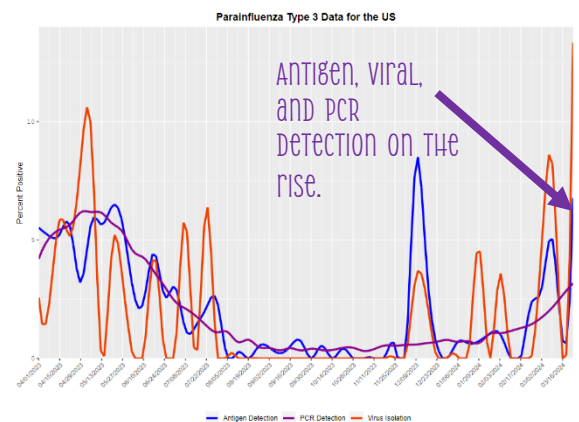


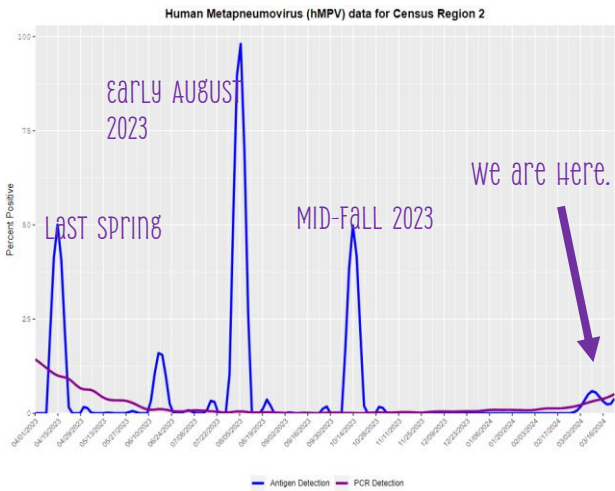
## NATIONAL RESPIRATORY & ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)

*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 March 28, 2024.*

**Norovirus test positivity went up a little in the Northeast to 14.3%.** Norovirus is the leading cause of vomiting and diarrhea, and foodborne illness in the United States.

**Nationally, HPIV 3 viral isolation positivity increased to 13.3%, while PCR and antigen detection are on the rise** (see figure to the right). HPIV 3 is more often associated with bronchiolitis, bronchitis, and pneumonia. HPIV is spread by direct contact with infectious droplets or by airborne spread when an infected person breathes, coughs, or sneezes. HPIV usually survive a few hours on surfaces depending on environmental conditions.





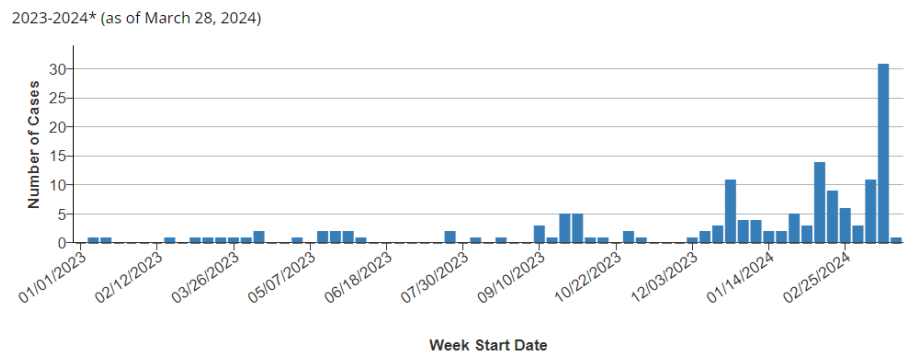
**Human Metapneumovirus (HMPV) test positivity for antigen (3.92%) and PCR (5.13%) detection are starting to increase slightly in the Northeast region.** Annual community outbreaks typically occur during late fall, winter and early spring (see figure to the left). HMPV symptoms include cough, fever, nasal congestion, and shortness of breath. HMPV infection may progress to bronchitis or pneumonia and are similar to other viruses that cause upper and lower respiratory infections. The estimated incubation period is 3 to 6 days, and the median duration of illness can vary depending upon severity but is similar to other respiratory infections caused by viruses.

Seasonal coronaviruses have decreased overall and test positivity remains under 3%. Adenovirus test positivity have decreased all around. Rotavirus detection data appears to show no concerning increases.

## MEASLES

As of March 28, 2024, a total of 97 (33 more since last reporting period) measles cases were reported in 18 States: Arizona, California, Florida, Georgia, Illinois, Indiana, Louisiana, Maryland, Michigan, Minnesota, Missouri, New Jersey, New York City, *New York State*, Ohio, Pennsylvania, Virginia, and Washington since January 1, 2024. Of the 97 cases, 54 (56%) have been hospitalized for isolation or management of measles complications. Of the 54 hospitalized, 34 were under 5 years of age, six were 5-19 years of age, and 14 were 20 years of age or older. Of the 97 cases, 59% were unvaccinated, 12% only received 1 dose of the MMR vaccine, 5% received two doses of the MMR vaccine, and 24% have an unknown vaccination status.

Number of measles cases reported by week



Measles is a highly contagious virus that can lead to serious health complications. Measles is a vaccine preventable disease. If you are unsure of your vaccination status, contact your doctor or go to the State of Connecticut’s Immunization Information System to access your vaccine records at [www.ctwizpublicportal.dph.ct.gov](http://www.ctwizpublicportal.dph.ct.gov) . If you need help getting you or a family member up-to-date with vaccinations, please contact (860)785-8380 x 216. For more information on measles please visit: <https://www.cdc.gov/measles/index.html>

## PREVENTION

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,
- Frequently clean and disinfect high touch surfaces,
- Eat healthy, well-balanced meals, and
- Stay hydrated.

## TICK-BORNE DISEASES

Spring has sprung and it's time to enjoy the beautiful weather coming our way outdoors while staying protected from tick-borne diseases. Please visit <https://www.ccthd.org/vectorbornedisease> to find out how to prevent tick bites, how to properly remove a tick and how to submit it to us for testing.

The Yale School of Public Health is performing a study to create a report for the Connecticut Agricultural Experiment Station (CAES) to help them to effectively reach out to areas with relatively low participation in tick submissions for testing and identification. The study involves a two-part data collection process involving online surveys and optionally, in-depth interviews via Zoom. Participants must be at least 18-years old and Connecticut residents for at least one year. Their research protocol has been approved by the Yale Institutional Review Board (IRB).


The survey URL is: <https://bit.ly/tickpreventionsurvey>. Those who chose to perform the in depth interview through Zoom will receive a \$50 dollar stipend. Please direct your questions to Yuyi Bei (yuyi.bei@yale.edu, the student liaison) and Jen Wang (jen.wang@yale.edu, the faculty advisor).



Yale SCHOOL OF PUBLIC HEALTH

### ARE YOU CONCERNED ABOUT LYME DISEASE?

*Study participants needed to participate in a survey about tick disease prevention in CT*



**What's the study about?**  
Yale University researchers, in partnership with the Connecticut Agricultural Experiment Station, are conducting a study to learn about community participation in tick-borne disease surveillance in Connecticut towns.



**Are you Eligible?**

- A Connecticut resident for over 1 year
- 18 years of age or older
- English or Spanish speaker

**Participation Involves**  
Completion of an **online survey**. If you are interested in participating in an **in-depth interview via Zoom or in person**, please fill out your **contact information at the end of the survey**. Participants of in-depth interviews will be eligible for a **\$50 compensation**.

**Scan this QR code or visit**  
<https://bit.ly/tickpreventionsurvey>  
**to access the survey**

*\*Please direct questions to [jen.wang@yale.edu](mailto:jen.wang@yale.edu)*



## 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:**

- Helados Mexico, mango bars in the variety pack by Tropicale Foods due to the potential to be contaminated with *Salmonella*.

### **Previously reported:**

- Trader Joes Nuts- 50% Less Sodium Roasted and Salted Whole Cashews by Wenders LLC due to potentiation contamination with *Salmonella*.
- Ground Cinnamon Products by La Fiesta, SWAD, El Chilar, and Colonna due to elevated lead levels.
- Aji Mori Chillimami Sauce due to potential foodborne illness- *Clostridium botulinum*
- Roland Foods, LLC Tahini due to potential *Salmonella* contamination
- Enchiladas by Rico for for potential *Listeria monocytogenes* contamination
- Alipotect Raiz de Tejocote by Alipotec King and Brazil Seed Pute Natural Semilla de Brasil & Tejo Root, Raiz de Tejocote by H&Natural for poisonous yellow oleander

For more information on recalls due to food with undeclared allergens, drugs, or medical devices please visit: <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts>



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**Do not 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/>

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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.*