

WEEKLY EPIDEMIOLOGIST REPORT

April 15, 2024



**Central
Connecticut
Health
District**

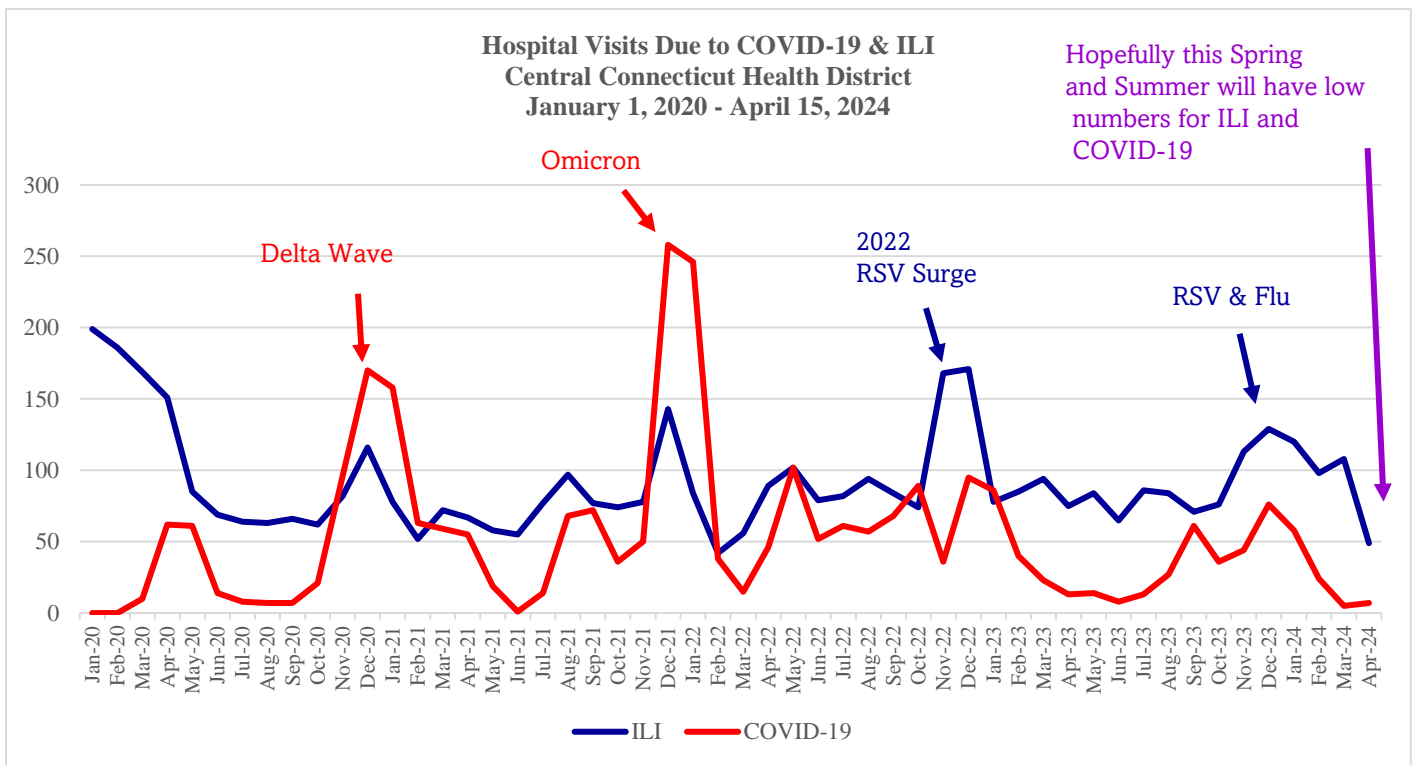
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EPIDEMIOLOGIST, Central Connecticut Health District

RESPIRATORY VIRAL SEASON

As hospitalizations for influenza-like illness wanes nationwide and across Connecticut, we are hopefully at the tail end of respiratory viral season. It's important to note that [rhinoviruses](#) and other respiratory viruses, such as adenoviruses and human parainfluenza viruses are still circulating. CCHD continues to advise residents to not let your guard down in terms of prevention.

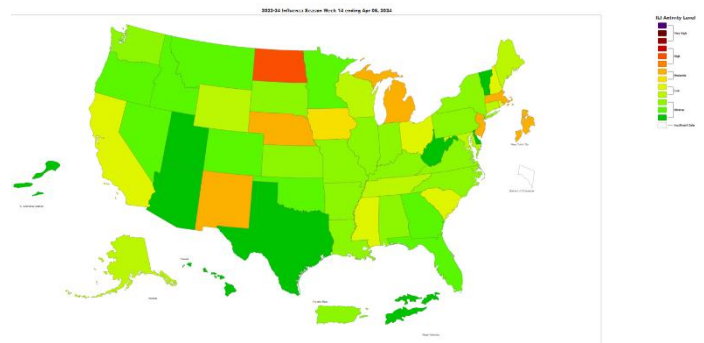
SYNDROMIC SURVEILLANCE

Syndromic surveillance provides public health officials with a timely system for detecting, understanding, and monitoring health events based on a case's signs and symptoms. CCHD collects syndromic surveillance data from the EpiCenter database. Data for COVID-19 and Influenza-like Illness (ILI) is as of **April 15, 2024**. The line graph below illustrates the number of hospital visits due to COVID-19 (those experiencing symptoms with a COVID-19 diagnosis) and those experiencing ILI (having a fever and a cough or sore throat) in our district. It is important to note that other circulating respiratory viruses can present as ILI.



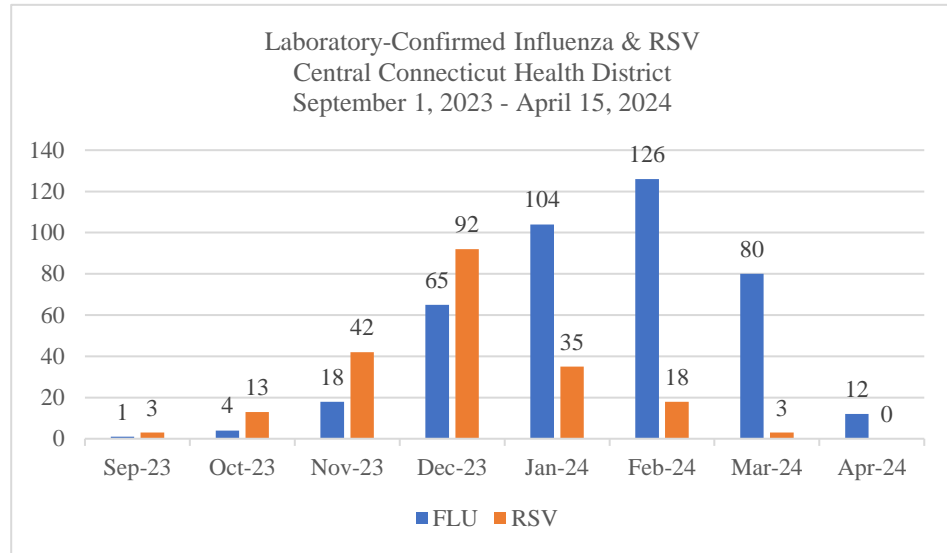
The CDC's FLUView Interactive Map

<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 remains at **LOW** as of **April 6, 2024**.



LABORATORY-CONFIRMED DATA

Nationally RSV positivity continues on the downward trend, as well as in the state of Connecticut according to the CDC NRVES. The district was notified of 410 laboratory-confirmed cases of influenza. In April, 11 of the cases were influenza type A and only one case was influenza type B. There were a total of 212 laboratory-confirmed cases of RSV in the CTEDSS database (see figure to the right) since September 1, 2023. No RSV cases have been reported in April so far.



Highly Pathogenic Avian Influenza (HPAI)

Avian influenza A(H5N1) continues to circulate nationally and there have been widespread detections in wild birds. There have been reported sporadic outbreaks in poultry flocks and mammals and on April 5th the CDC reported the first human detection this year. There have been no reports of human to human transmission. The risk for HPAI infection in Connecticut is low. Follow the link below for more information on avian influenza.



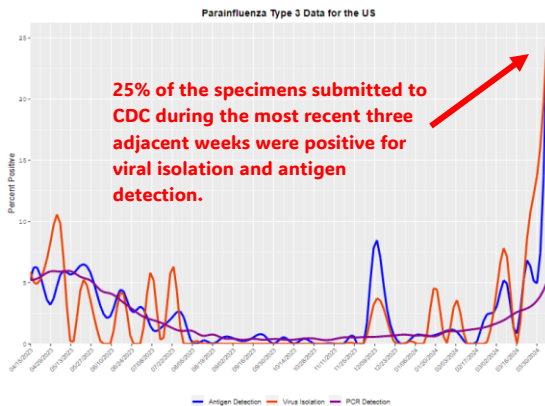
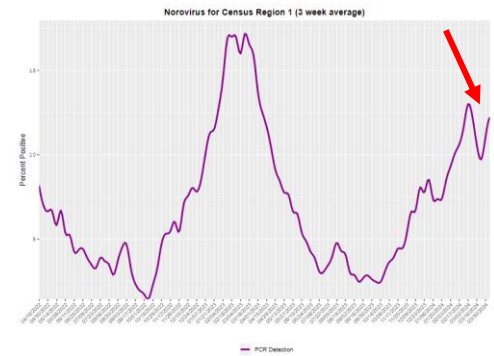
<https://portal.ct.gov/doag/regulatory/regulatory/avian-influenza-information>

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 the total weekly aggregate tests performed to detect these viruses, and the weekly aggregate positive tests to the CDC; Middlesex and Yale are the only contributing health organizations in Connecticut. They also report the specimen type, location, and week of collection. NREVSS allows for timely analysis of data to monitor viral seasons and circulation patterns. Data from NREVSS was updated April 11, 2024.

Norovirus test positivity popped back up in the Northeast to 12.2%.

Norovirus is the leading cause of vomiting and diarrhea, and foodborne illness in the United States.



25% of the specimens submitted to CDC during the most recent three adjacent weeks were positive for viral isolation and antigen detection.

Nationally, HPIV 3 viral isolation and PCR test positivity continue to increase

(see figure to the left). HPIV 3 is more often

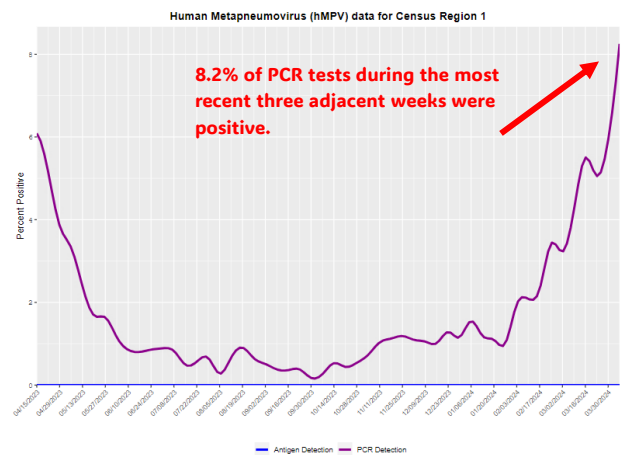
associated with bronchiolitis, bronchitis, and pneumonia. HPIV

is spread by direct contact with infectious droplets or by airborne spread when an infected person breathes, coughs, or sneezes.

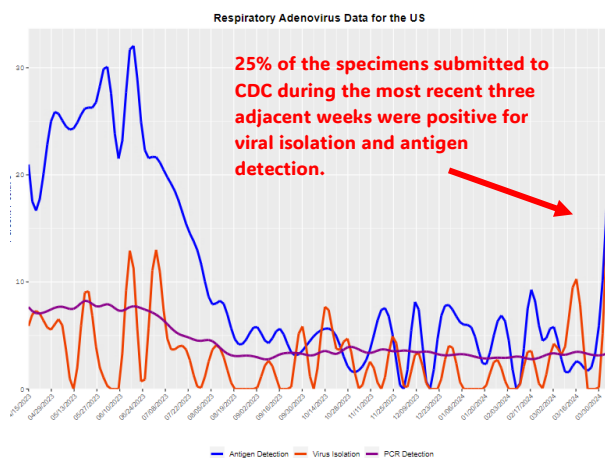
HPIV usually survive a few hours on surfaces depending on environmental conditions.

Human Metapneumovirus (HMPV) test positivity for PCR (8.2%) detection remains elevated.

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.



8.2% of PCR tests during the most recent three adjacent weeks were positive.



25% of the specimens submitted to CDC during the most recent three adjacent weeks were positive for viral isolation and antigen detection.

Nationally, Human Adenovirus (HAdV) antigen and viral

detection are elevated at 25%. Adenoviruses are not a nationally notifiable disease, therefore, many outbreaks of adenovirus likely are undetected or unreported. Most commonly adenovirus illnesses can range from the common cold to pneumonia, croup, and bronchitis. Approximately 60 HAdV genotypes have been identified to date, and they are associated with different clinical illnesses, including respiratory illness, gastroenteritis, and conjunctivitis.

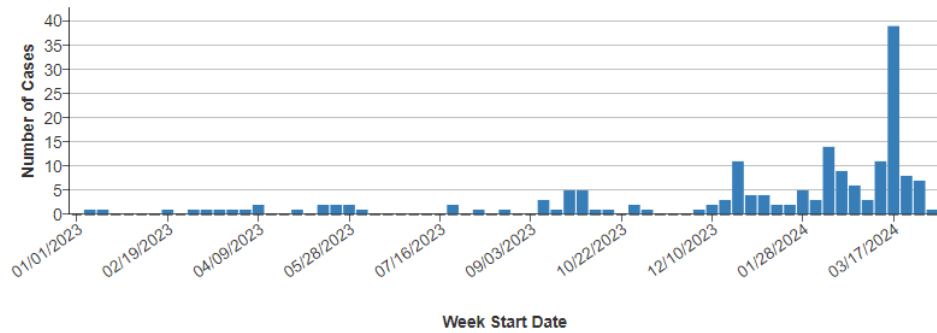
Seasonal coronavirus and rotavirus test positivity both remain under 3%.

MEASLES

As of **April 11, 2024**, a total of 121 (8 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 121 cases, 68 (56%) have been hospitalized for isolation or management of measles complications. Of the 68 hospitalized, 37 were under 5 years of age, ten were 5-19 years of age, and 21 were 20 years of age or older. Of the 121 cases, 82% were unvaccinated, 13% only received 1 dose of the MMR vaccine, 5% received two doses of the MMR vaccine.

Number of measles cases reported by week

2023-2024* (as of April 11, 2024)



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 . 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.

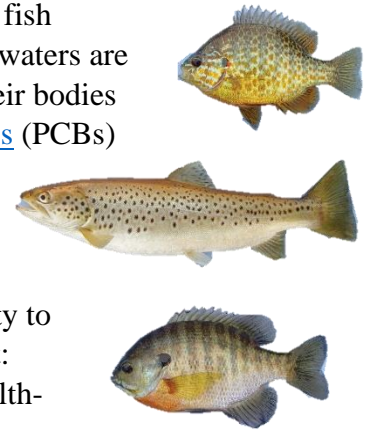


TICK-BORNE DISEASES

The weather is beautiful today and hopefully you will get a chance to get outdoors to enjoy nature 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.

FISHING

The Connecticut Department of Public Health issues a yearly advisory for reducing fish consumption when chemical levels in fish tissue are unsafe. Fish from Connecticut waters are a good, low cost source of protein. Unfortunately, fish can build up chemicals in their bodies such as [mercury](#), [perflurooctane sulfonic acid](#) (PFOS) and [polychlorinated biphenyls](#) (PCBs) that may be contaminants in the water. Eating these fish may affect your family’s health. Generally trout and sunfish are safe to eat and have no limits on consumption (unless otherwise noted in table below).



The following table identifies the fish advisories that are within or in close proximity to our district. For more information on other fishing areas in Connecticut, please visit: <https://portal.ct.gov/dph/environmental-health/environmental-and-occupational-health-assessment/ct-fish-consumption-advisory-and-the-safe-eating-of-fish-caught-in-connecticut>.

Waterbody	Fish Species	High Risk Group	Low Risk Group	Contaminant
<i>Silver Lake</i>	Largemouth Bass, Smallmouth Bass, Pickerel	Do not eat	One meal per month	Mercury
<i>Quinnipiace River (Gorge south of Meriden through Wallinford to Long Island Sound)</i>	All Species	One meal per month	One meal per month	PCBs, PFOS
<i>Connecticut River</i>	All Species Except for Shad	One meal per month	One meal per month	PCBs, PFOS

The high risk group includes pregnant women, women who could become pregnant, nursing women, and children under age six. The high risk group should eat no more than one fish meal per month of most freshwater fish from local waters. The low risk group should limit eating most freshwater fish to once a week.

For more information on when the shad will run the Connecticut River please visit: <https://portal.ct.gov/DEEP/Fishing/Freshwater/Freshwater-Fishes-of-Connecticut/American-Shad>.



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:

- Eva Nutrition, Science of Alpha, Niwali, NWL Nutra Tejocote Dietary Supplements by Global Mix, Inc due to containing toxic yellow oleander.
 - Ingestion of yellow oleander can cause neurologic, gastrointestinal, and cardiovascular adverse health effects that may be severe, or even fatal. Symptoms may include nausea, vomiting, dizziness, diarrhea, abdominal pain, cardiac changes, dysrhythmia, and more.



Previously reported:

- Helados Mexico, mango bars in the variety pack by Tropicale Foods due to the potential to be contaminated with Salmonella.
- Trader Joes Nuts- 50% Less Sodium Roasted and Salted Whole Cashews by Wenders LLC due to potential contamination with *Salmonella*.
- Ground Cinnamon Products by La Fiesta, SWAD, El Chilar, and Colonna due to elevated lead levels.

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

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/>

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.