



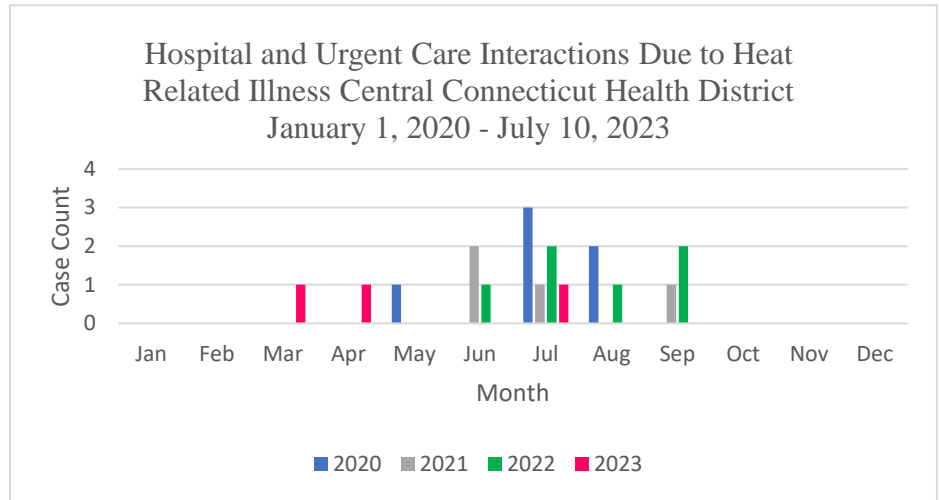
Weekly Epidemiologist Report

July 10, 2023

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Epidemiologist*

Heat Related Illness

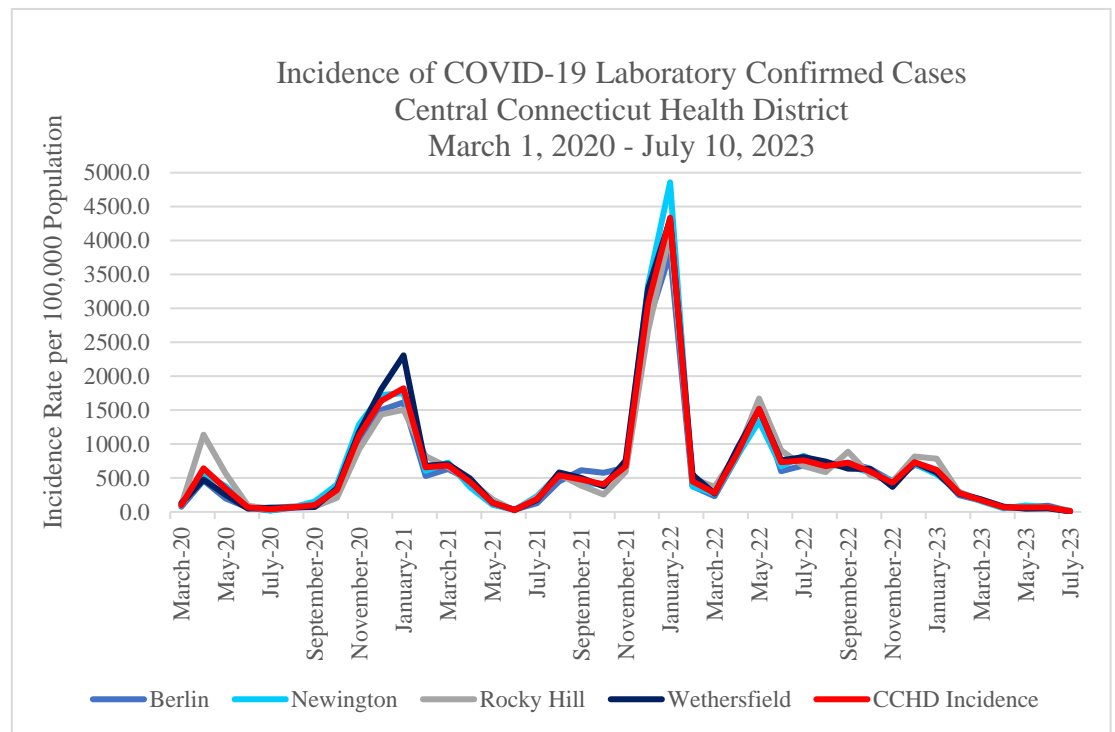
The bar graph to the right shows the number of hospital and urgent care interactions of residents living in the Central Connecticut Health District who sought care for heat related illness, such as heat rash, heat exhaustion and heat stroke since January 1, 2020. This year, the incidence in the number of residents seeking care for heat-related illness began earlier, compared to the other three years.



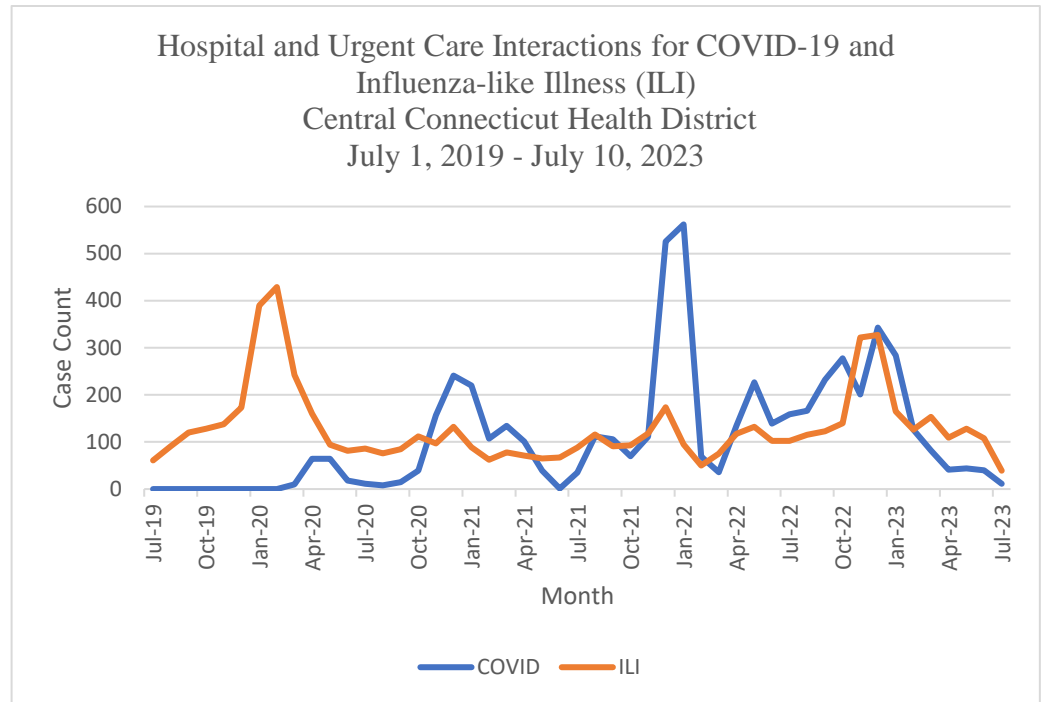
Be prepared for above average temperatures this summer. In extreme heat, wear light, loose clothing, remain in air conditioned or cool areas, drink plenty of water to stay hydrated, and know where your cooling centers are located.

COVID-19

Data for COVID-19 was collected on Monday, July 10, 2023, from the Connecticut Department of Public Health’s Local Health Line List Portal. The figure to the right illustrates the incidence in the number of laboratory-confirmed COVID-19 tests in the Central Connecticut Health District since the beginning of the pandemic in March of 2020.



Data for COVID-19 and Influenza-like Illness Syndromic Surveillance was collected on July 10, 2023 from EpiCenter. The line graph to the right illustrates the syndromic surveillance of hospital and urgent care visits due to COVID-19 (those with a COVID-19 diagnosis and symptoms) and influenza-like illness (ILI).



NATIONAL RESPIRATORY AND ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS) UPDATE:

*Data for the following CDC disease surveillance programs were updated on July 6, 2023.
All data is preliminary and subject to change.*

Norovirus

The Northeastern Region levels of PCR test positivity remains below 5% . Norovirus can remain on surfaces for weeks at a time and is extremely contagious. Symptoms of norovirus include diarrhea, vomiting, nausea and stomach pain. <https://www.cdc.gov/norovirus/about/index.html>

Human Parainfluenza Virus Types 1-3

Nationally, parainfluenza virus types 1 (HPIV) antigen test positivity continues to increase; HPIV 2 and HPIV 3 antigen test positivity remain below 5%. HPIV is associated with croup and can cause upper and lower respiratory illness and cold-like symptoms. For more information on HPIV please visit: <https://www.cdc.gov/parainfluenza/hcp/clinical.html>

Adenovirus

Nationally adenovirus antigen test positivity remains above 20%. Adenovirus is the most common cause of respiratory illness. Adenovirus can also cause gastroenteritis, conjunctivitis, cystitis, and less commonly, neurological disease. For more information please visit: <https://www.cdc.gov/adenovirus/hcp/clinical-overview.html>

Respiratory Syncytial Virus (RSV)

In the State of Connecticut, RSV (antigen and PCR) test positivity remains low and stable. RSV can cause different types of respiratory illness, however it most commonly causes cold-like symptoms. It can cause serious illness, such as bronchitis and pneumonia in infants and young children and people who are immunocompromised or who have chronic lung disease. For more information please visit: <https://www.cdc.gov/rsv/clinical/index.html>

Rotavirus

In the Northeast region, rotavirus antigen test positivity remains below 5%. Symptoms of rotavirus include vomiting and watery diarrhea for three to eight days. Fever and abdominal pain is also common. Rotavirus is primarily transmitted through the fecal-oral route. For more information please visit:

<https://www.cdc.gov/rotavirus/clinical.html>

MPOX

Yale University currently conducts wastewater surveillance on MPOX (formerly known as Monkey Pox) through New Haven's Water Pollution Control Authority. For the week of July 3, 2023, New Haven's data showed decreased copies of viral genome sequencing of MPOX to less than 5 copies per milliliter. If you or a loved one is experiencing a pox-like rash, please see your primary-care provider as soon as possible. If you think you may be sick with MPOX please click the link to know what steps are needed to take care of yourself:

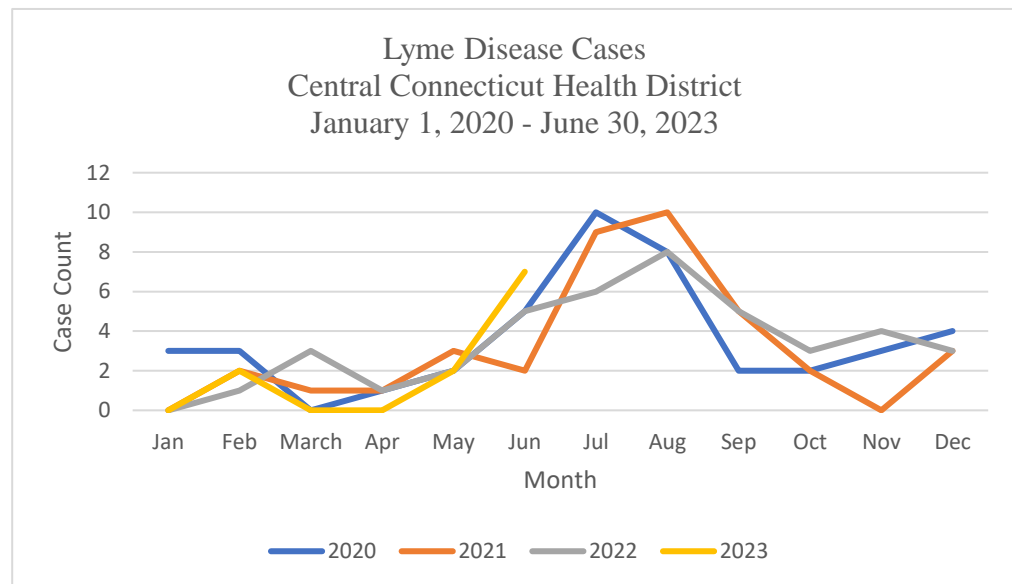
<https://www.cdc.gov/poxvirus/mpox/if-sick/what-to-do.html>.

FOOD RECALLS

Click the link to know what foods have been recalled because they are contaminated. Please check your cupboards and throw out any of these items: <https://www.cdc.gov/foodsafety/>

TICK-BORNE DISEASE

Lyme Disease and Babesiosis cases continue to increase. Please visit ccthd.org to find out how to properly remove a tick and how to submit it to the health department for testing. The figure below illustrates the trend in Lyme Disease cases since January 1, 2020 in the district. We can expect to continue to see an increase in cases this year as ticks thrive in warm and moist conditions.



The Health District continues to promote staying up to date with vaccinations, practicing proper hand hygiene and the frequent cleaning of surfaces to continue to prevent the spread of respiratory illnesses and fomite transmission of other infectious agents.

If you need N-95 masks, at-home test kits, or help finding a primary care provider, please contact our health educator, Betty Murphy, at (860) 785-8380 or emurphy@ccthd.org. **If you need a COVID-19 Rapid PCR test, the CCHD Clinical Services is open for walk-in appointments on July 18th from 10 am to 2 pm at our clinic located at 506 Cromwell Avenue, Suite 200, Rocky Hill.**

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.