



Weekly Epidemiologist Report

July 24, 2023

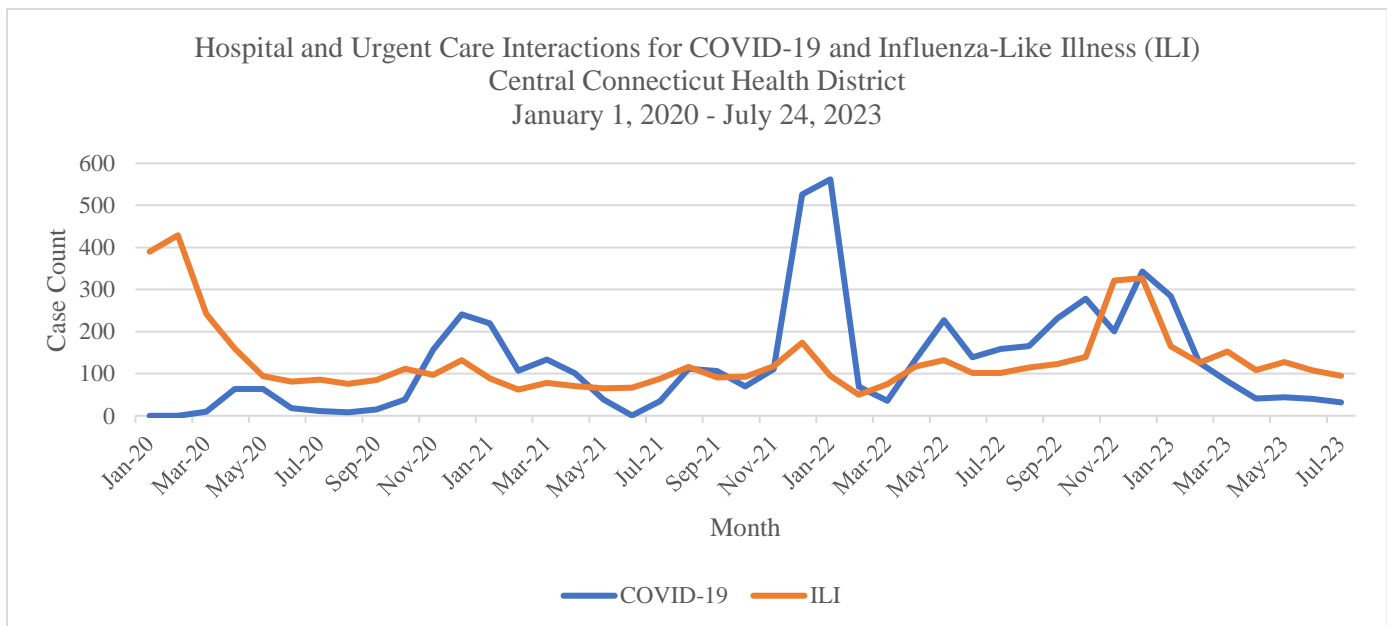
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FLOOD WATER

Parts of our district have been impacted by the recent flooding of the Connecticut River and its tributaries. Flood water can carry raw sewage and chemicals that are unsafe. Flood waters can also bring breeding grounds for mosquitoes closer to your home. If you live in an area impacted by flooding, please visit the CDC's website for more information on flood water safety: <https://www.cdc.gov/disasters/floods/floodsafety.html>.

COVID-19

Data for COVID-19 and Influenza-like Illness Syndromic Surveillance was collected on July 24, 2023 from EpiCenter. The line graph below 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). Other circulating respiratory viruses can present as influenza-like illness. The district has not received any reports of influenza types A or B since April 24, 2023. The high levels of ILI can be attributed to other respiratory diseases with similar symptoms to influenza (see the National Respiratory and Enteric Virus Surveillance System Update on the following page).



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

Data for the following CDC disease surveillance programs were updated on July 18, 2023.

All data is preliminary and subject to change.

Adenovirus

Nationally adenovirus antigen test positivity have **dropped** to 7%. 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>

Human Metapneumovirus (hMPV)

The Northeastern levels of antigen test positivity are undetected. HMPV can cause upper and lower respiratory disease in people of all ages. Common symptoms of HMPV include cough, fever, nasal congestion, and shortness of breath. For more information visit: <https://www.cdc.gov/ncird/human-metapneumovirus.html>.

Human Parainfluenza Virus Types 1-3

Nationally, parainfluenza virus types 1 (HPIV), HPIV 2 and HPIV 3 antigen test positivity remain below 1%. 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>

Norovirus

The Northeastern Region levels of PCR test positivity remains slightly below 8% . 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>.

Respiratory Syncytial Virus (RSV)

In the State of Connecticut, RSV (antigen and PCR) test positivity **undetected**. 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 **undetected**. 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>

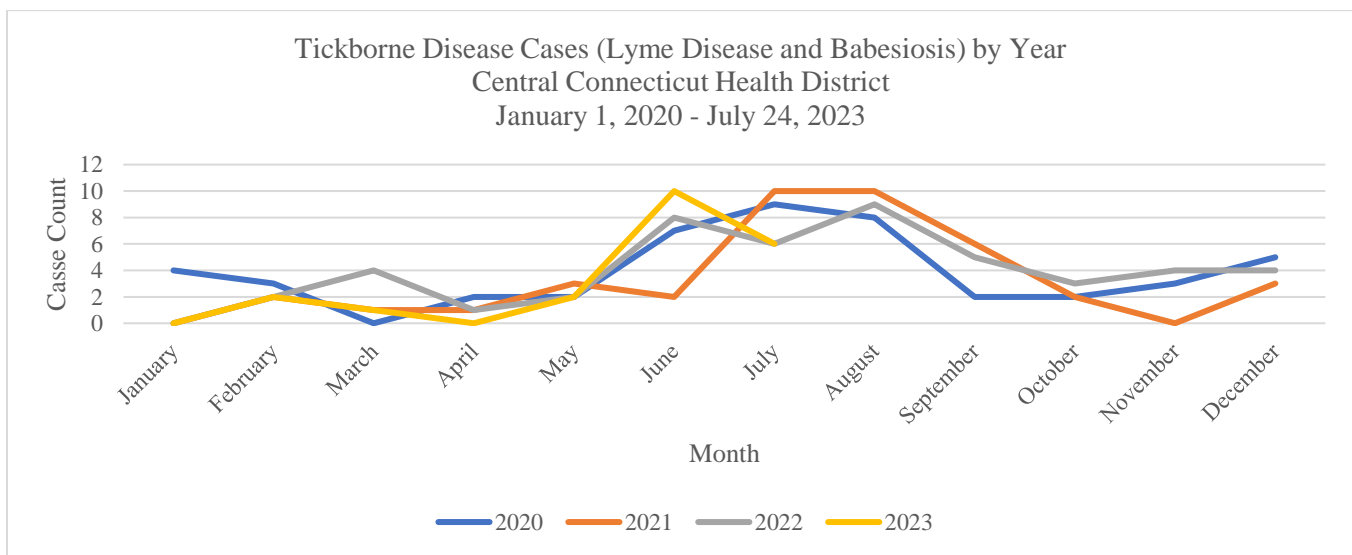
FOOD RECALLS

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

The figure to the right illustrates the trend in tick-borne disease cases (lyme disease and babesiosis) since January 1, 2020 in the district. We can expect to see more cases this year as ticks thrive in warm and moist conditions.



To protect yourself against tick bites and tickborne disease, remember to B-L-A-S-T:

B- Bathe or shower soon after coming indoors.

- Immediately put clothes in dryer on high heat for 20 minutes to kill any ticks that may be attached to them.

● L- Look for ticks and remove with fine point tweezers.

● A-Apply repellents

- Application of 30% DEET-based repellent is effective at repelling deer ticks.
- Application of .5% permethrin-base insecticide to clothing is highly effective at repelling and even killing ticks.

● S- Spray tick habitat areas in your yard.

- www.spraysafeplaysafe.org

● T- Treat pets with veterinarian recommended products

For more information on BLAST Lyme please visit www.lymeconnection.org

MOSQUITO-BORNE DISEASE SURVEILLANCE

The State of Connecticut's Agricultural and Experimentation Station (CAES) performs mosquito trapping and testing starting at the beginning of June and ending in late October. Arboviruses tested at CAES include: West Nile Virus (WNV), Eastern Equine Encephalitis virus (EEE) and Jamestown Canyon Virus (JC). So far since the beginning of June, CAES has trapped and tested 70,871 mosquitoes as of July 19, 2023. Testing sites are located in 89 towns. Newington and Wethersfield are the only towns in the CCHD with testing sites (see table below). So far there have been no mosquitoes tested positive for West Nile Virus or Eastern Equine Encephalitis in our District, or the State. However, two towns in Connecticut, West Haven and North Haven have had recent mosquitoes positive with Jamestown Canyon Virus.

<i>Town</i>	<i>Site</i>	<i>Cumulative Mosquitoes Tested</i>	<i>Test Results</i>	<i>Virus</i>	<i>Mosquito Species (Positive Samples)</i>	<i>Date Collected</i>
<i>Newington</i>	Churchill Park	746	Negative	-	-	-
<i>Wethersfield</i>	Goff Road	738	Negative	-	-	-

To protect yourself against mosquitoes and mosquito-borne disease, remember the 4 D's:

1. **Defend:** use an EPA registered mosquito repellent (DEET, picaridin, Oil of Lemon Eucalyptus, IR3535, or 2-undecanone)
2. **Dress:** wear light colored clothing with long sleeves, socks, and pants to minimize mosquito bites
3. **Dusk/Dawn:** avoid areas where mosquitoes are active from one hour before sunset to one hour after sunrise
4. **Drain/Dump:** check around the home for containers or areas which hold water. Dump out once per week.

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. **Our new clinic will be hosting an Open House on August 8th from 3:30 – 6:30, please stop by!**

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.