



**Weekly Epidemiologist Report**

**July 31, 2023**

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**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). CAES has trapped and tested 92,908 mosquitoes between June 1, 2023 – July 24, 2023. Testing sites are located in 89 towns. Newington and Wethersfield are the only towns in the CCHD with testing sites (see table below)., Wethersfield was the first town this year to report a mosquito positive with WNV. WNV activity has also been reported in Fairfield and Shelton. JC has been detected in West Haven and North Haven. EEE has been detected in Ledyard. There have been no human cases of EEE, JC, or WNV reported in Connecticut or our district yet this year.

<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>	<i>Churchill Park</i>	<i>865</i>	<i>Negative</i>	<i>-</i>	<i>-</i>	<i>-</i>
<i>Wethersfield</i>	<i>Goff Road</i>	<i>788</i>	<b>Positive</b>	<i>WNV (1)</i>	<i>Culex pipiens</i>	<i>7/17</i>

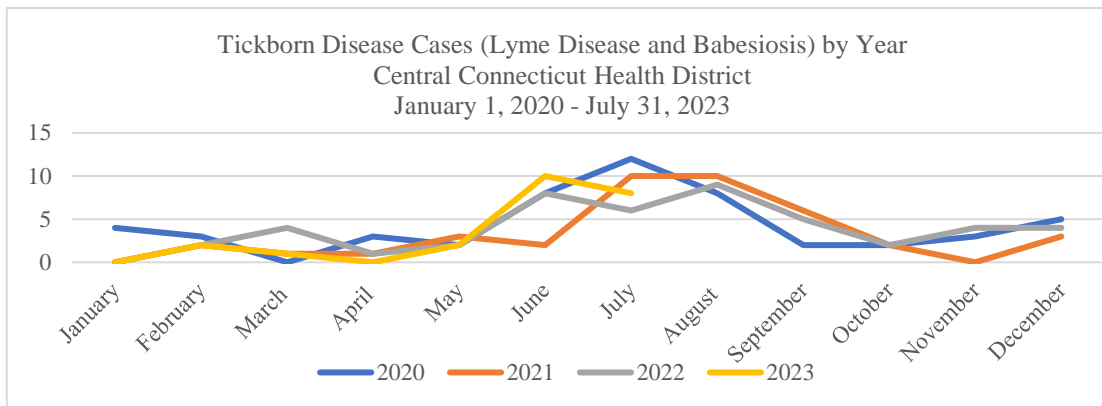
To protect yourself against mosquitoes and mosquito-borne disease, remember the 4 D’s:

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.

Data regarding mosquito-borne disease surveillance is collected from <https://portal.ct.gov/CAES/Mosquito-Testing/Mosquito-Testing/Mosquito-Testing> and CTEDSS.

**TICK-BORNE DISEASE**

The line graph on the following page illustrates the trend in tick-borne disease cases (lyme disease and babesiosis) since January 1, 2020 in the district.



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](http://www.spraysafeplaysafe.org)
- T- Treat pets with veterinarian recommended products

For more information on BLAST Lyme please visit [www.lymeconnection.org](http://www.lymeconnection.org)

### **FOOD-BORNE ILLNESS**

#### ***Salmonella***

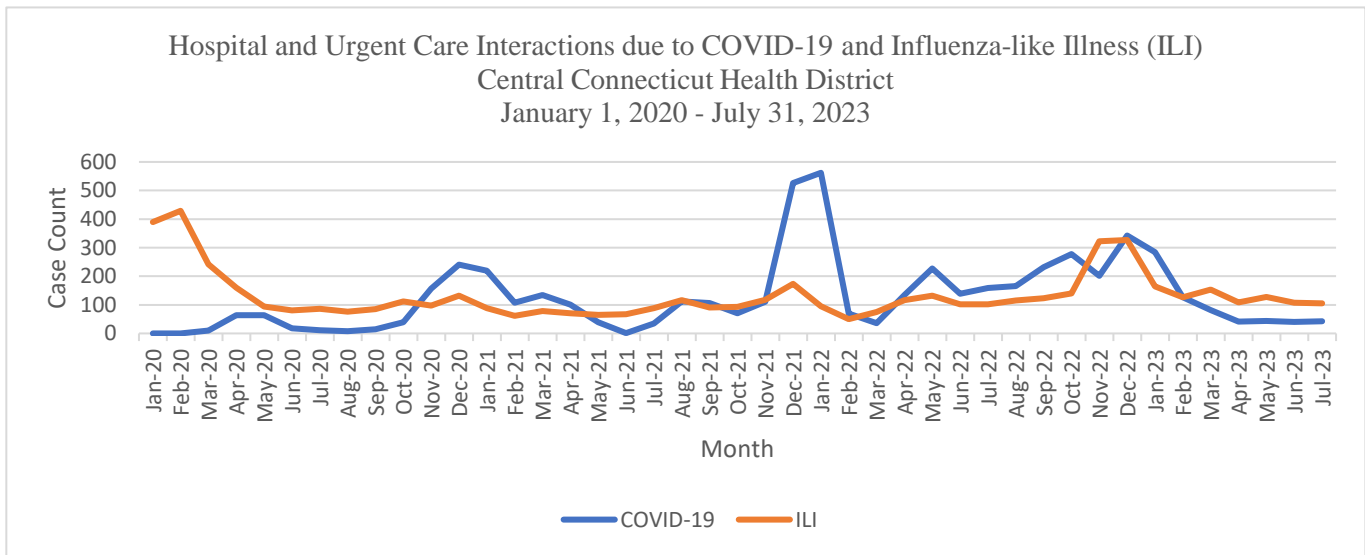
At least 16 people have become ill from ground beef, including one in Connecticut from consuming salmonella-tainted ground beef sold in ShopRite locations in Connecticut, New Jersey, and New York. Practicing proper food safety, including storing your food appropriately, avoiding cross-contamination by washing cutting boards and utensils after they encounter raw meat, washing your hands regularly and cooking your food to a safe temperature are ways you can reduce the risk of food-borne illness. The USDA recommends cooking ground beef to an internal temperature of 160 °F (71 °C). If you experience symptoms like diarrhea, fever, abdominal cramps, or vomiting after consuming ground beef or any other food, seek medical attention. Young children, the elderly, and individuals with weakened immune systems are at risk for serious salmonella infections.

#### ***Vibrio vulnificus***

Since July 1, three cases of *V.vulnificus* infections have been reported to DPH. The three patients were between 60-80 years of age. *V.vulnificus* infection is an extremely rare illness. All three patients were hospitalized, and one died. One patient reported consuming raw oysters from a food establishment and the other two patients reported exposure to salt or brackish water in the Long Island Sound who had pre-existing wounds. The risk of getting this type of infection can be reduced by not eating raw or undercooked oysters or shellfish and staying out of saltwater or brackish water if you have a wound (from recent surgery, piercing or tattoo).

## COVID-19

Data for COVID-19 and Influenza-like Illness Syndromic Surveillance was collected on July 31, 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).



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

*Data for the following CDC disease surveillance programs were updated on July 26, 2023.*

*All data is preliminary and subject to change.*

#### **Adenovirus**

Nationally adenovirus antigen test positivity have **dropped** to 0%. 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 remain 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 type 1 (HPIV), HPIV 2 and HPIV 3 antigen test positivity are at 0%. 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>

## **Coronavirus**

NREVSS conducts surveillance on four types of human coronaviruses other than SARS-CoV-2, which include CoV229E, CoVNL63, CoVOC43 and CoVHKU1. People around the world commonly get infected with these four common human coronaviruses. In the Northeastern region, test positivity for all four types have **dropped** to 0%.

## **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/>

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**Our new clinic will be hosting an Open House on August 8<sup>th</sup> 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.*