



## Weekly Epidemiologist Report

June 30, 2023

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### Heat Related Illness

Scientists the National Oceanic and Atmospheric Administration’s Climate Prediction Center (<https://www.cpc.ncep.noaa.gov/>) predict that June, July, and August temperatures will be above normal in Connecticut, with a 60% certainty. Here in the Northeast, the ocean temperatures are warmer than usual; an increase in ocean temperatures, increases air temperature.

The biggest health concern with a high heat index is heat imbalance. Heat imbalance is when the heat the body produces is more than the heat it loses. When the body experiences heat imbalance and is unable to resolve it through sweating, this can lead to heat related illness. The infographic to the right explains the types of heat related illnesses and actions you should take.

Visit the CDC’s Heat and Health Tracker to get daily updates on the Heat Index in Hartford County at <https://ephtracking.cdc.gov/Applications/heatTracker/>

Be prepared for above average temperatures. 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.

### Air Quality

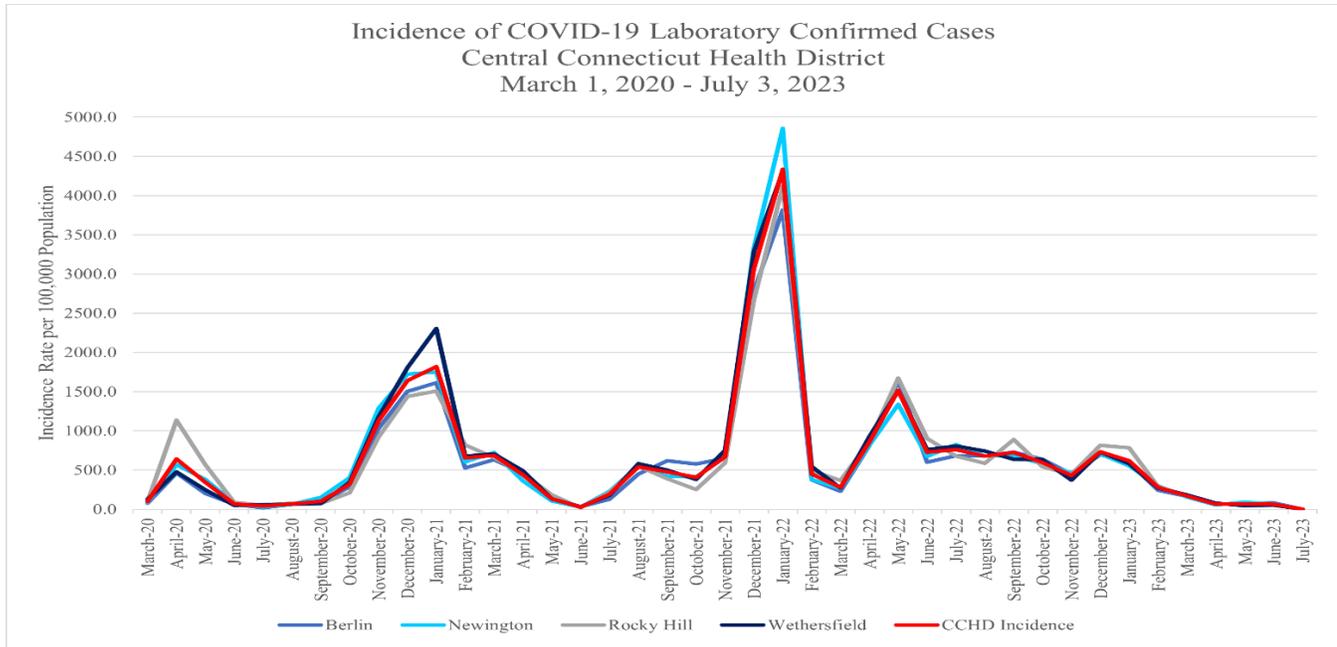
The past few weeks Connecticut has been dealing with unhealthy air quality due to the uncontrolled forest fires in Canada. The particulate matter from the fires that the jet stream has been circulating in our atmosphere can be unhealthy and dangerous to some groups who are sensitive to poor air quality. If you would like to know more about what the air quality is in your area, visit [www.airnow.gov](http://www.airnow.gov). The Health District has N95 masks available for those interested in obtaining some for days when the air quality reads unhealthy, very unhealthy, or hazardous.

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"> <li>• High body temperature (103°F or higher)</li> <li>• Hot, red, dry, or damp skin</li> <li>• Fast, strong pulse</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Confusion</li> <li>• Losing consciousness (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911 right away-heat stroke is a medical emergency</li> <li>• Move the person to a cooler place</li> <li>• Help lower the person’s temperature with cool cloths or a cool bath</li> <li>• Do not give the person anything to drink</li> </ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale, and clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Tiredness or weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Fainting (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cool place</li> <li>• Loosen your clothes</li> <li>• Put cool, wet cloths on your body or take a cool bath</li> <li>• Sip water</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• You are throwing up</li> <li>• Your symptoms get worse</li> <li>• Your symptoms last longer than 1 hour</li> </ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"> <li>• Heavy sweating during intense exercise</li> <li>• Muscle pain or spasms</li> </ul>	<ul style="list-style-type: none"> <li>• Stop physical activity and move to a cool place</li> <li>• Drink water or a sports drink</li> <li>• Wait for cramps to go away before you do any more physical activity</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• Cramps last longer than 1 hour</li> <li>• You’re on a low-sodium diet</li> <li>• You have heart problems</li> </ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"> <li>• Painful, red, and warm skin</li> <li>• Blisters on the skin</li> </ul>	<ul style="list-style-type: none"> <li>• Stay out of the sun until your sunburn heals</li> <li>• Put cool cloths on sunburned areas or take a cool bath</li> <li>• Put moisturizing lotion on sunburned areas</li> <li>• Do not break blisters</li> </ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"> <li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li> </ul>	<ul style="list-style-type: none"> <li>• Stay in a cool, dry place</li> <li>• Keep the rash dry</li> <li>• Use powder (like baby powder) to soothe the rash</li> </ul>

# COVID-19

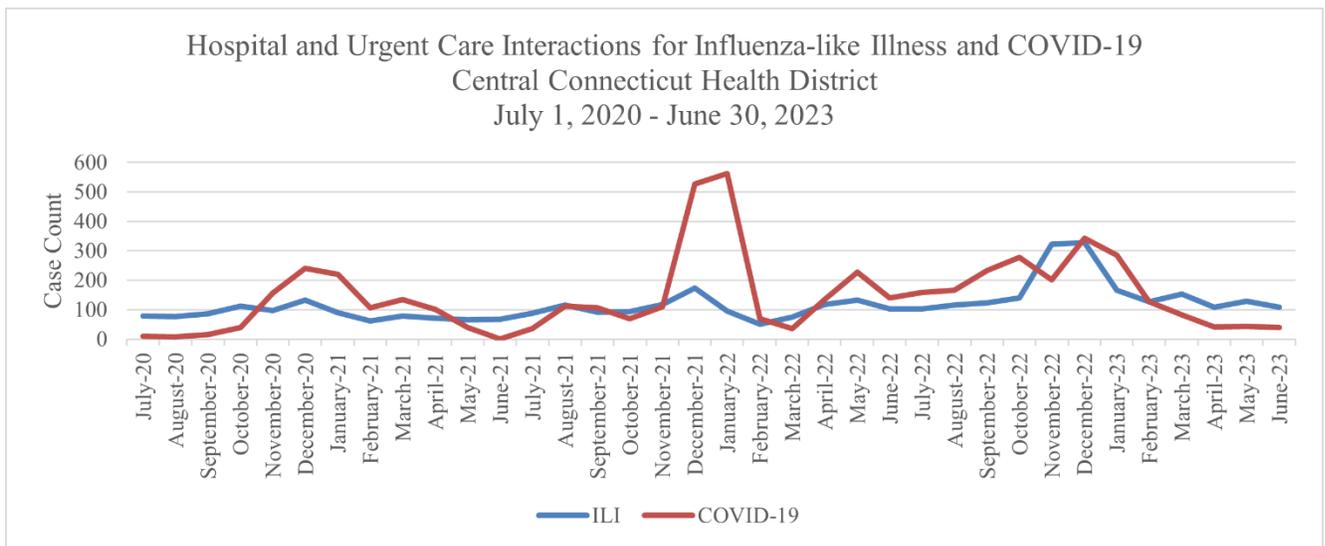
Data for COVID-19 was collected on Monday, July 3, 2023, from the Connecticut Department of Public Health's Local Health Line List Portal. Figure 1.1 illustrates the incidence in the number of laboratory-confirmed COVID-19 tests in the Central Connecticut Health District since the beginning of the pandemic in March of 2020.

**Figure 1.1**



Data for COVID-19 and Influenza-like Illness Syndromic Surveillance was collected on July 3, 2023 from EpiCenter. The bar 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). The cases in Figure 1.2 are residents of the Central Connecticut Health District who are seeking emergent care due to COVID-19 or ILI.

**Figure 1.2**



## **NATIONAL RESPIRATORY AND ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)**

### **UPDATE:**

*Data for the following CDC disease surveillance programs were updated on June 28, 2023.  
All data is preliminary and subject to change.*

#### **Norovirus**

The Northeastern Region levels of PCR detection of norovirus remain low. 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 have decreased slightly. 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 high. 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>

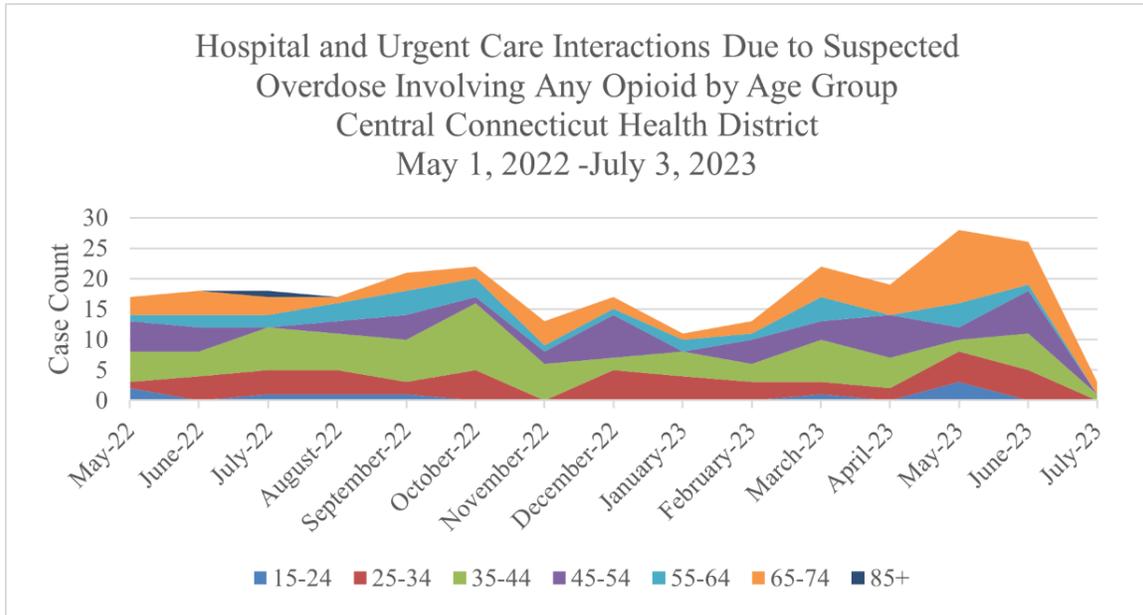
#### **Rotavirus**

In the Northeast region, rotavirus antigen test positivity has decreased to 0 % positivity. 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>

### **SUSPECTED OVERDOSES**

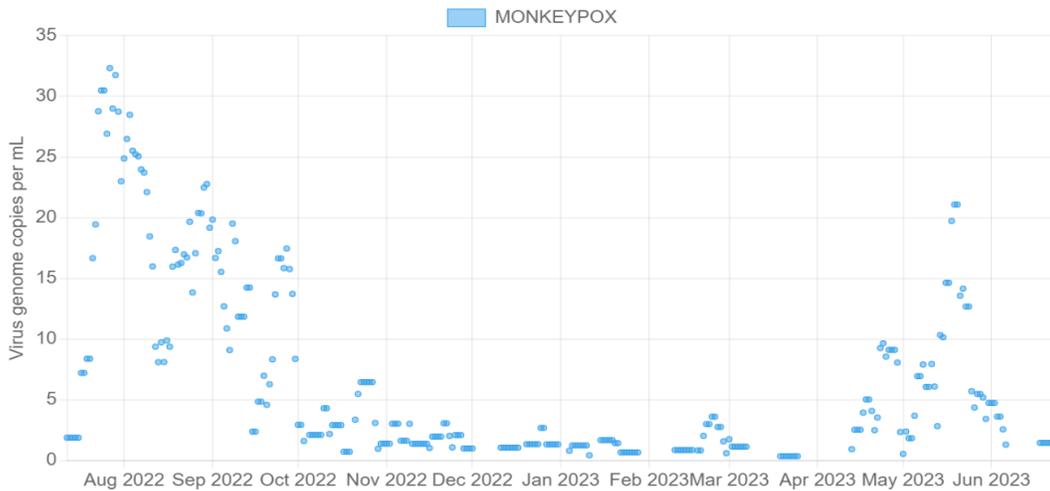
Figure 2.1 shows the syndromic surveillance of those brought to urgent care or the hospital for a suspected overdose due to opiates from May 1, 2022 to July 3, 2023 by age group. Almost 95% of the suspected opioid cases reported in June were male, and 5% were female. If you or a loved one are experiencing addiction to opiates, please reach out to the health district, so we can help provide you with naran, fentanyl test strips, and resources and services for getting help (860)785-8380 or email Sara Piatti at [spiatti@ccthd.org](mailto:spiatti@ccthd.org).

**Figure 2.1**



### 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 June 25, 2023, New Haven’s data showed decreased copies of viral genome sequencing of MPOX per milliliter. Nationally, wastewater surveillance for MPOX is showing a similar trend. 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>.



<https://yalecovidwastewater.com/mpox/>

### 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/>

## FOOD-BORNE ILLNESS

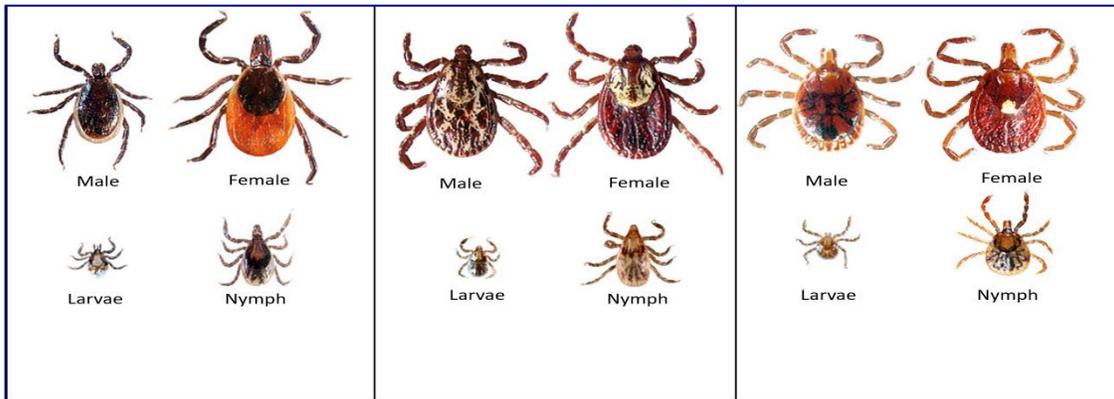
The District is currently seeing an increase in the number of Reportable Disease Confidential Case Report Forms PD-23 for food-borne illnesses. The PD-23 is the primary form used to report diseases, emergency illnesses and health conditions and are sent to both the State Department of Public Health and Local Health Departments. The form can be found at <https://portal.ct.gov/DPH/Epidemiology-and-Emerging-Infections/Provider-Reporting>.

To find out how to prevent food-borne illness please visit: <https://www.cdc.gov/foodsafety/keep-food-safe.html>.

If you believe you may be experiencing food poisoning, please contact your provider as soon as possible or seek medical attention at an urgent care practice and request a stool sample. Keep a log of the things you have previously consumed in the past three days from the onset of your symptoms. If you believe you may have developed your illness from eating out, save any leftovers you may have, to submit for testing. This will make it easier for an epidemiological investigation for potential food-borne illness outbreaks due to contaminated foods.

## TICK-BORNE DISEASE

Lyme Disease and Babesiosis cases continue to increase. Please visit <https://www.ccthd.org/vectorbornedisease> to find out how to properly remove a tick and how to submit it to the health department for testing. Below are illustrations of what the Blacklegged Deer Tick, American Dog Tick and Lone Star Tick look like in the different stages of their life cycle, respectively.



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](mailto:emurphy@ccthd.org). **If you need a COVID-19 Rapid PCR test, the CCHD Clinical Services is open for walk-in appointments on July 5<sup>th</sup> and July 18<sup>th</sup> 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.*