

WEEKLY EPIDEMIOLOGIST REPORT

September 25, 2023



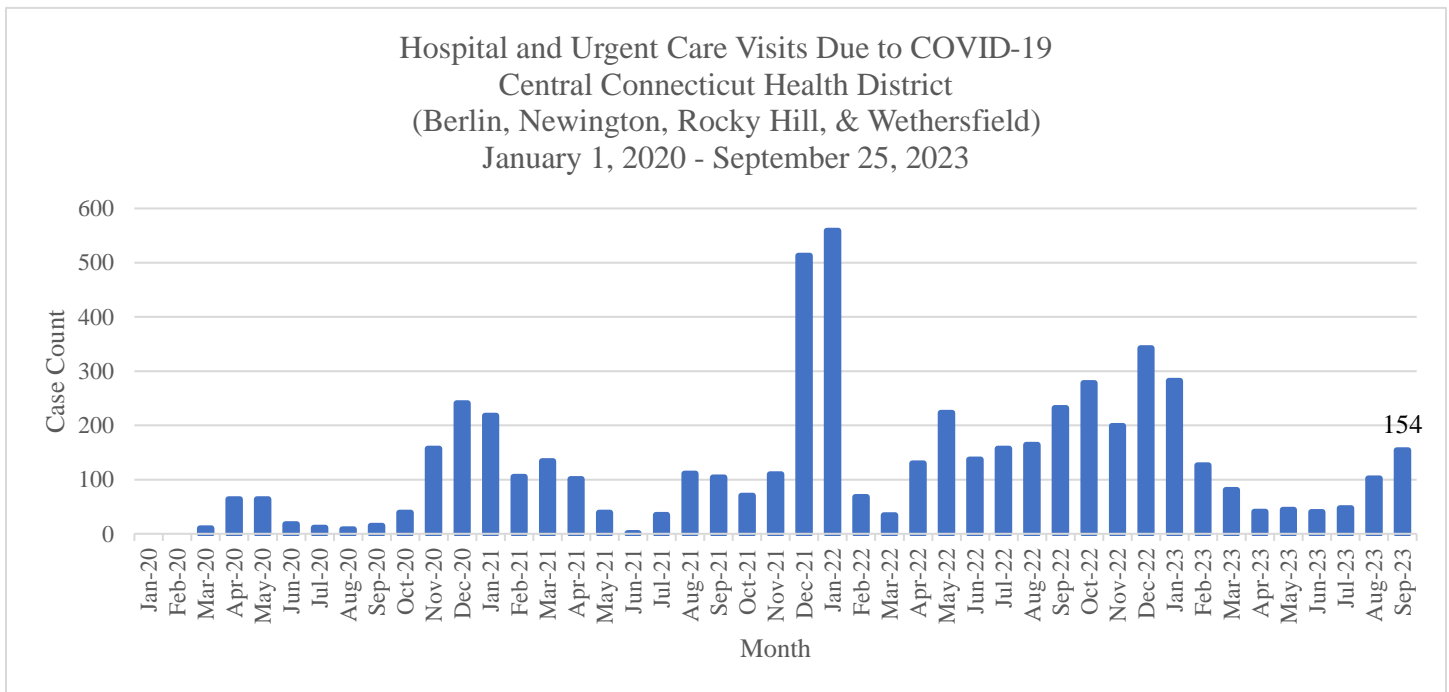
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RESPIRATORY VIRAL SEASON

As our leaves start to change color, we can also start see an increase in respiratory illness. This season, the Connecticut Department of Public Health and the Centers for Disease Control and Prevention are referring to this season as the “trifecta.” We can expect to see similar trends as last year for COVID-19, influenza and RSV.

COVID-19 SURVEILLANCE

Data for COVID-19 was collected on September 25, 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). Fifty-six cases have been reported last week. We can expect to see the number of hospital and urgent care visits continue to increase as the EG.5 Omicron variant continues to spread.

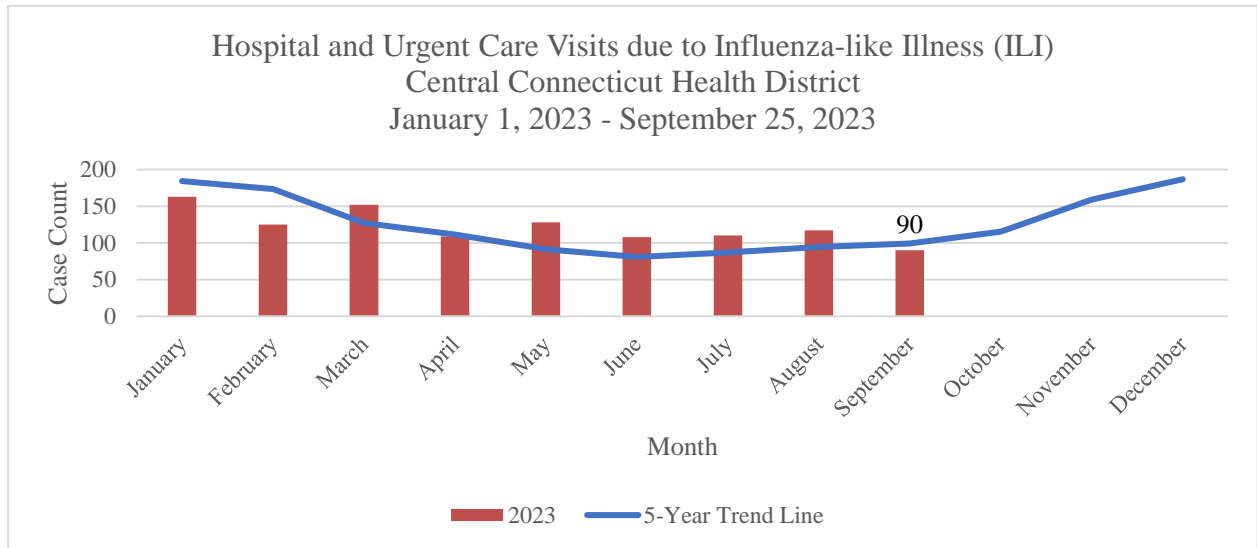


According to Biobot wastewater surveillance, genomic sequencing results for the Northeast (September 21, 2023) showed that EG.5 is the dominant lineage circulating (34.8%)(<https://biobot.io/data/>). The table below shows the abundance of variants detected in wastewater in the Northeast Region which includes the states of Maryland, Pennsylvania, Delaware, New York, Massachusetts, Vermont, Connecticut, New Jersey, Maine, New Hampshire, and Rhode Island. *Updated wastewater results for Connecticut have not been published yet.*

SARS-COV-2 Variant	Percent	Change
XBB	8.9	-2.4
XBB.1.5	12.6	+0.3
XBB.1.16	18.6	-1.2
➔ EG.5	34.8	+2.2
XBB.1.9.2	4.6	-0.7
XBB.1.9	0.4	-0.8
XBB.1.9.1	18.6	+2.8
Other	1.5	+0.5

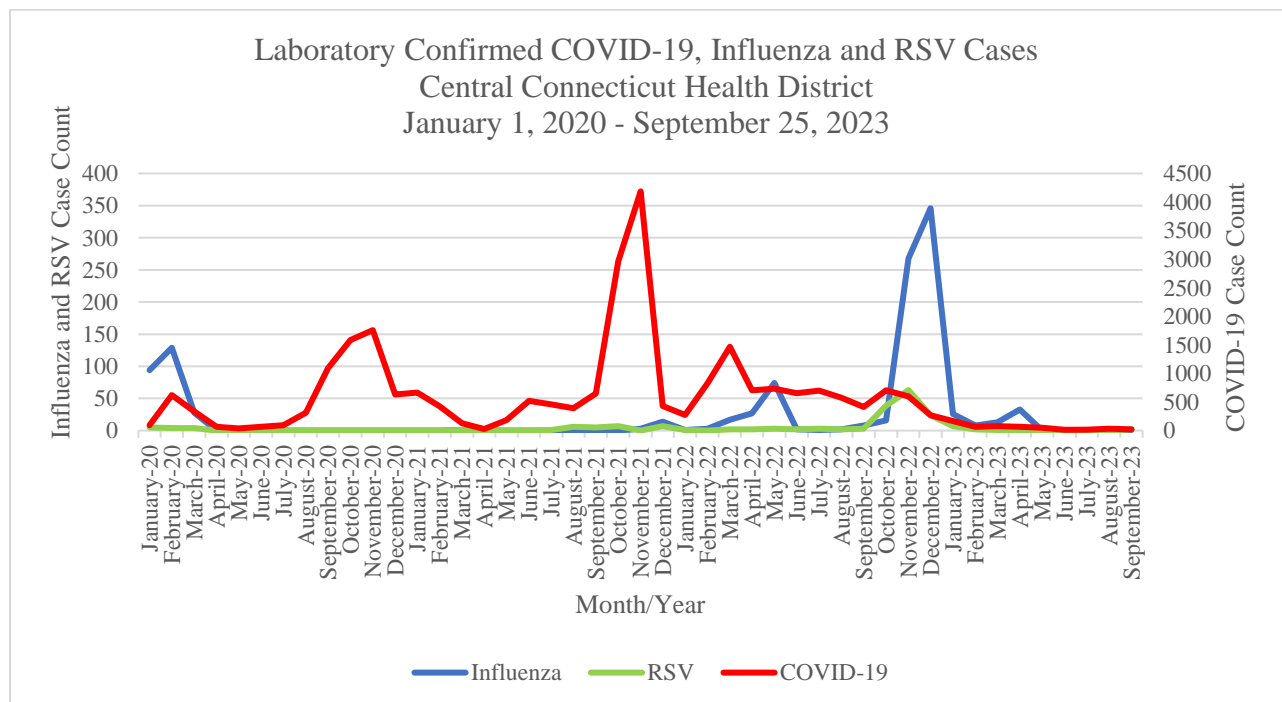
INFLUENZA SURVEILLANCE

Data for Influenza-like Illness Syndromic Surveillance was collected on September 25, 2023 from EpiCenter. The graph below illustrates the syndromic surveillance of hospital and urgent care visits due to influenza-like illness (ILI) five- year average trend line (2018-2022) compared to this years cases. The number of cases reported last week fo ILI was 27. Other circulating respiratory viruses can present as influenza-like illness. **The district has received its first laboratory confirmed case of flu on September 9, 2023.** The levels of ILI can be attributed to other respiratory diseases with similar symptoms to influenza (see the National Respiratory and Enteric Virus Sureillance System Update).



RESPIRATORY SYNCYTIAL VIRUS (RSV)

So far this respiratory season, we have seen two suspect cases of RSV in the district for the month of September. As we continue into the Fall and Winter we can expect to see an increase in the number of respiratory illness cases due to COVID-19, Influenza and RSV. The Line graph below illustrates the trends in respiratory illness since January 1, 2020. Last year RSV peaked in October, while Influenza peaked in November. Data was collected from CTEDSS.



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

*Data for the following CDC disease surveillance programs were updated on September 14, 2023.
All data is preliminary and subject to change.*

Adenovirus

Nationally adenovirus antigen test positivity has decreased from 7.2% to 5.1%. 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)

Northeastern U.S. Census Region antigen percent positivity remains at 0%. 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) antigen test positivity has decreased from 3.7 to 0% HPIV 2 has decreased from 5.5% to 0% and HPIV 3 antigen test positivity has decreased from .4% to 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 decreased from 7.2% to 5.8%. 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**

Rotavirus

In the Northeast region, rotavirus antigen test positivity remains at 0%. 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 remain below 1%.

To prevent serious disease complications from influenza, consider getting your annual flu shot. CCHD is holding vaccination clinics next month in all four towns. To schedule your flu shot with us please visit:

<https://www.ccthd.org/book-appointment>. The RSV is available for persons over 65, please encourage residents to check with their provider to see if they have it available. The updated COVID-19 booster is also available at participating pharmacies. Remember the best way to prevent the spread of infectious respiratory illness is to:

- Cover your cough and sneezes,
- Wash your hands often,
- Get vaccinated,
- Stay home when you are ill,
- Minimize close contact with sick people.

Prevent Respiratory Viruses

STAY HEALTHY ALL SEASON



Wash Your Hands Often



Clean & Disinfect Surfaces Regularly



Get Your Flu Vaccine & COVID-19 Booster



Stay Home When You Are Sick



Mask Around Others When Symptomatic



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 **313,932** mosquitoes between June 1, 2023 – September 18, 2023. Testing sites are located in 89 towns. Newington and Wethersfield are the only towns in the health district with test sites (see table below). **Wethersfield was the first town in Connecticut this year to report a mosquito positive with WNV and continues to report WNV positive mosquitoes.** JC and EEE continue to be detected in mosquitoes through out the State. There have been two human case of WNV for this year from New Haven County and Hartford County. There have been no human cases of EEE or JC reported in Connecticut or our district yet this year.

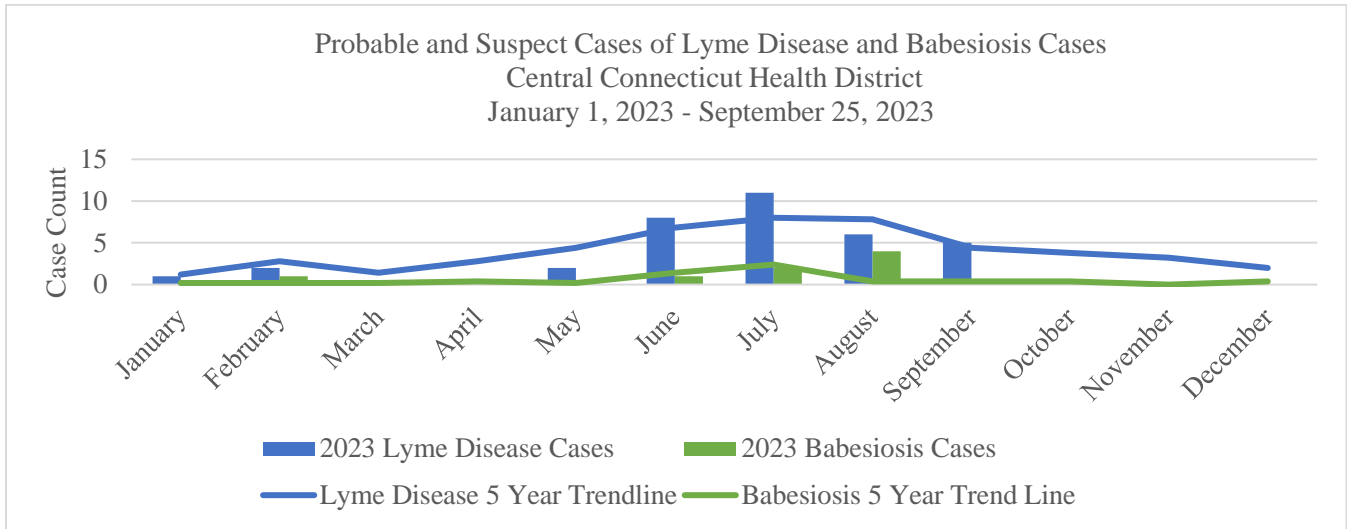
<i>Town</i>	<i>Site</i>	<i>Cumulative Mosquitoes Tested</i>	<i>Test Results</i>	<i>Virus</i>	<i>Mosquito Species (Positive Samples)</i>	<i>Date Collected</i>
<i>Newington</i>	<i>Churchill Park</i>	<i>1,636</i>	<i>Negative</i>	<i>-</i>	<i>-</i>	<i>-</i>
					<i>Culex pipiens (1)</i>	<i>7/17</i>
					<i>Culex restuans (1)</i> <i>Culex salinarus (2)</i>	<i>7/27</i>
					<i>Culex pipiens (7), Culex resuans (1)</i>	<i>8/9/23</i>
<i>Wethersfield</i>	<i>Goff Road</i>	<i>6,227</i>	<i>Positive</i>	<i>WNV (23)</i>	<i>Culex pipiens (2)</i>	<i>8/17/23</i>
					<i>Culex pipiens (1), Culex restuans (1), Culex salinarus (1)</i>	<i>8/29/23</i>
					<i>Culex pipiens (2), Culex restuans (1)</i>	<i>9/6/23</i>
					<i>Culex pipiens (1)</i>	<i>9/14/23</i>
				<i>JC (2)</i>	<i>Anopheles punctipennis (1)</i>	<i>8/8/23</i>
					<i>Anopheles punctipennis (1)</i>	<i>8/17/23</i>

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 SURVEILLANCE

The graph below shows the five-year average trend lines for babesiosis and lyme disease cases (2018-2022) compared to this years cases.



Visit CDC’s “Fight the Bite” page for additional information on preventing tick and mosquito bites.
<https://www.cdc.gov/fight-the-bite/prevent/index.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/>



In the event of a hurricane or severe storm warning, community members are encouraged to take the following precautionary measures to prepare for potential power outages:

- Fill your bathtub with water to use for flushing toilets.
- Fuel vehicles and generators, and test generators to ensure they are working properly.
- Charge phones, mobile devices, and essential medical devices.
- Ensure you have a 3-day supply of food, water, and medications for all household members/pets.
- Check/replace batteries in flashlights.
- Bring in, or tie-down outdoor furniture and any items that could be damaged (or cause damage).
- Park vehicles in garages or carports and away from trees.
- Assume all downed power lines are energized. Stay clear of them. Do NOT attempt to move fallen trees or limbs anywhere near power lines.

The following storm resources are available through Eversource:

- To Report a **Power outage or downed power line**: Call **(800) 286-2000**
- For Power Alerts and Estimated Restoration Times, visit <https://www.eversource.com/cg/customer/reportoutage>
- To report a **Gas Outage**: visit <https://www.eversource.com/content/residential/outages/gas-outage>
- Storm Preparedness tips from Eversource: <https://www.eversource.com/content/business/outages/storm-preparedness>

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.