

WEEKLY EPIDEMIOLOGIST REPORT

April 22, 2024



**Central
Connecticut
Health
District**

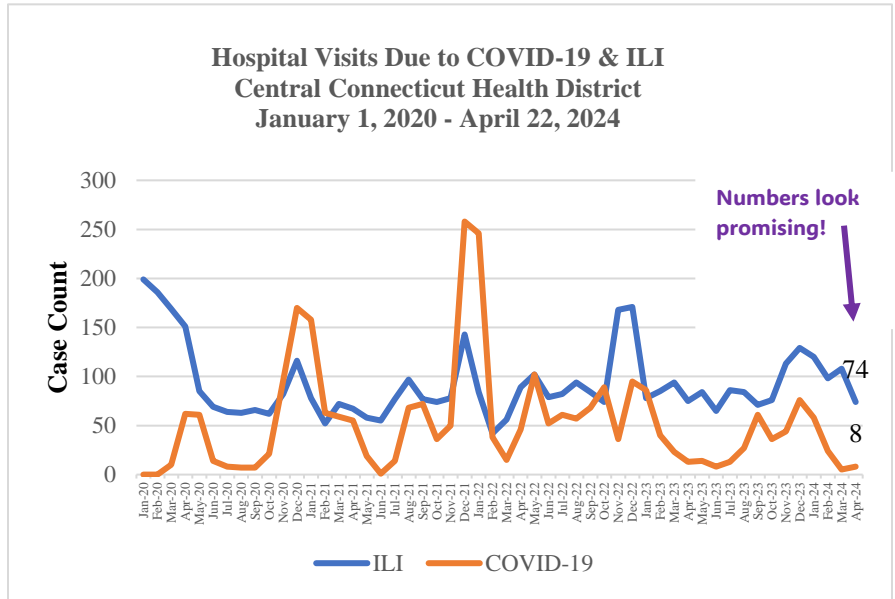
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RESPIRATORY VIRAL SEASON

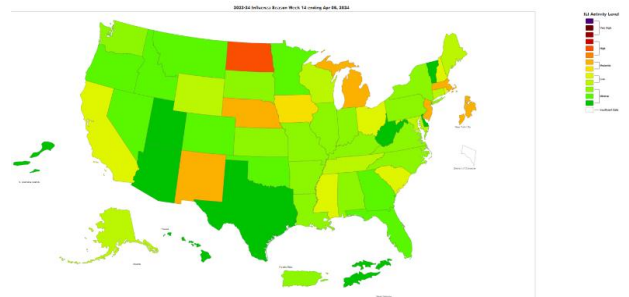
Hospitalizations continue to wane for influenza-like illness nationwide and across Connecticut, we are seeing similar trends suggesting that we are at the end of respiratory viral season. It's important to note that other respiratory viruses that cause the common cold are still circulating. CCHD continues to advise residents to not let your guard down in terms of prevention.

SYNDROMIC SURVEILLANCE

CCHD collects syndromic surveillance data from the EpiCenter database. Data for COVID-19 and Influenza-like Illness (ILI) is as of **April 22, 2024**. The line graph to the right illustrates the number of hospital visits due to COVID-19 (those experiencing symptoms with a COVID-19 diagnosis) and those experiencing ILI (having a fever and a cough or sore throat) in our district. It is important to note that other circulating respiratory viruses can present as ILI.

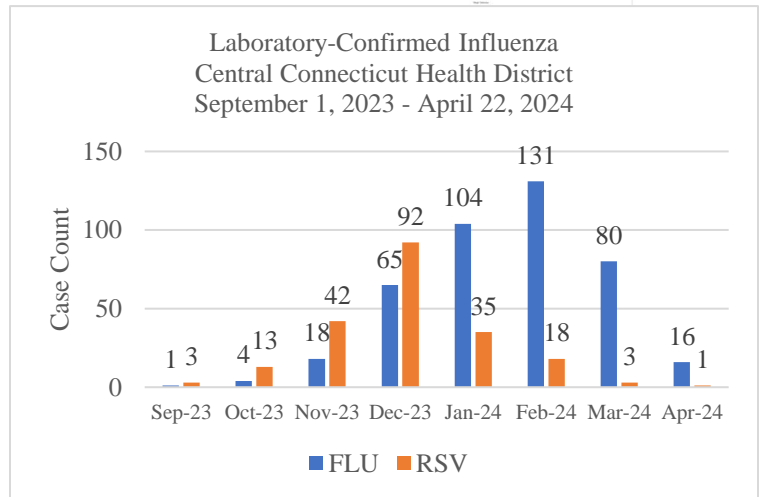


The CDC's FLUView Interactive Map <https://gis.cdc.gov/grasp/fluview/main.html> is a system that monitors visits for respiratory illness that includes fever plus a cough or sore throat (ILI), not laboratory-confirmed influenza and may capture patient visits due to other respiratory pathogens that cause similar symptoms. Connecticut's ILI Activity Level remains at **LOW** as of **April 13, 2024**.



LABORATORY-CONFIRMED DATA

The district was notified of a total of 419 laboratory-confirmed cases of influenza as of September 1, 2023. This month, April, 14 of the cases were influenza type A and two were influenza type B. There were a total of 213 laboratory-confirmed cases of RSV in the CTEDSS database (see figure to the right) since September 1, 2023. Only one case of RSV was reported so far this month.



Highly Pathogenic Avian Influenza (HPAI)

Avian influenza A(H5N1) continues to circulate nationally in wild birds. The risk for HPAI infection in Connecticut is low. Follow the link below for more information on avian influenza.

<https://portal.ct.gov/doag/regulatory/regulatory/avian-influenza-information>

NATIONAL RESPIRATORY & ENTERIC VIRUS SURVEILLANCE SYSTEM (NREVSS)

The National Respiratory and Enteric Virus Surveillance System (NREVSS) is a laboratory-based system that monitors temporal and geographic circulation patterns (patterns occurring in time and place) of respiratory syncytial virus (RSV), human parainfluenza viruses (HPIV), human metapneumovirus (HMPV), respiratory adenoviruses, human coronavirus, and gastrointestinal viruses: rotavirus, and norovirus. Participating laboratories report the total weekly aggregate tests performed to detect these viruses, and the weekly aggregate positive tests to the CDC; Middlesex and Yale are the only contributing health organizations in Connecticut. They also report the specimen type, location, and week of collection. NREVSS allows for timely analysis of data to monitor viral seasons and circulation patterns. Data from NREVSS was updated **April 18, 2024**.

Norovirus test positivity remains elevated in the Northeast at 12.4%. Norovirus is the leading cause of vomiting and diarrhea, and foodborne illness in the United States.

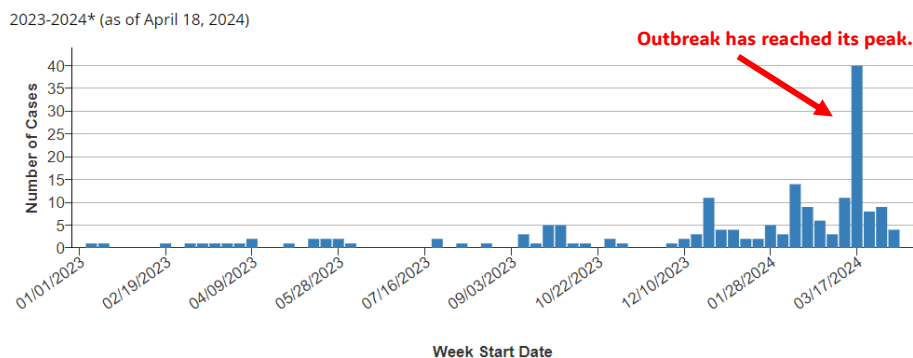
Human Metapneumovirus (HMPV) test positivity for PCR (7.8%) detection remains slightly elevated. HMPV symptoms include cough, fever, nasal congestion, and shortness of breath. HMPV infection may progress to bronchitis or pneumonia and are similar to other viruses that cause upper and lower respiratory infections.

Seasonal coronavirus, adenovirus, HPIV, and rotavirus test positivity show no significant findings to report at this time.

MEASLES

As of **April 18, 2024**, a total of 125 (four more since last reporting period) measles cases were reported in 18 States (AZ, CA, FL, GA, IL, IN, LA, MD, MI, MN, MO, NJ, NY, NYC, OH, PA, VA, & WA) since January 1, 2024. Of the 125 cases, 68 (54%) have been hospitalized for isolation or management of measles complications. 83% of the cases were unvaccinated or had an unknown vaccination status.

Weekly Measles Cases by Rash Onset Date



Measles is a highly contagious virus that can lead to serious health complications. Measles is a vaccine preventable disease. If you are unsure of your vaccination status, contact your doctor or go to the State of Connecticut's Immunization Information System to access your vaccine records at www.ctwizpublicportal.dph.ct.gov. If you need help getting you or a family member up-to-date with vaccinations, please contact (860)785-8380 x 216. For more information on measles please visit: <https://www.cdc.gov/measles/index.html>

PREVENTION

The best way to prevent the spread of infectious respiratory or gastrointestinal illness is to:

- Cover your cough and sneezes,
- **Wash your hands often,**
- Get vaccinated,
- Stay home when you are ill,
- Wear a mask in crowded places,
- Minimize close contact with sick people,
- Frequently clean and disinfect high touch surfaces,
- Eat healthy, well-balanced meals, and
- Stay hydrated.

TICK-BORNE DISEASES

The weather is beautiful today and hopefully you will get a chance to get outdoors to enjoy nature while staying protected from tick-borne diseases. The graphic to the right illustrates ticks that commonly bite humans, and what they look like during different stages of their life cycle.

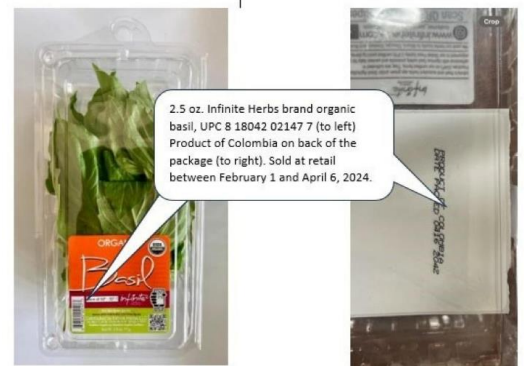
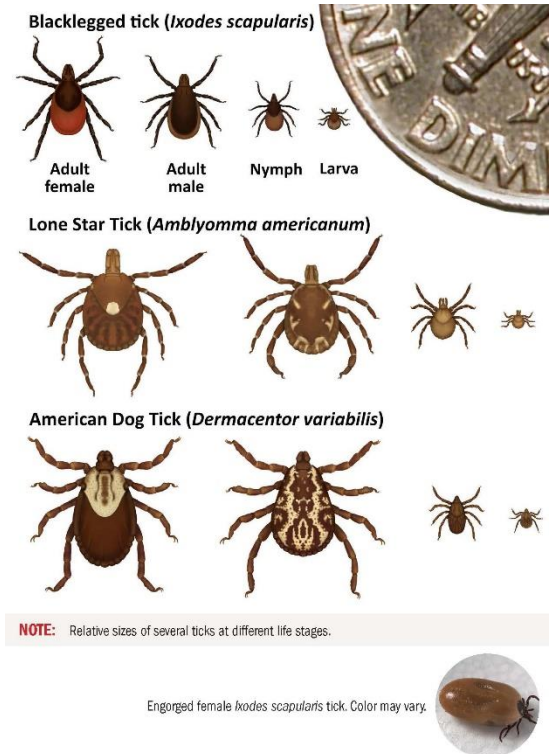
We are already receiving tick submissions for testing from residents. Please visit <https://www.ccthd.org/vectorbornedisease> to find out how to prevent tick bites, how to properly remove a tick and how to submit it to us for testing.

FOOD RECALLS

The following foods are being recalled because they are contaminated. Please check your cupboards and throw out any of these items:

New this week:

- ‘Infinite Herbs,’ and ‘Melissa’s’ Fresh Organic Basil, by Infinite Herbs, LLC due to the potential to be contaminated with Salmonella
 - This product was shipped directly to Trader Joe’s retail distribution centers in Connecticut (FL, IL, PA, VA, & MA too)
 - Salmonella is an organism that can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Healthy persons infected with Salmonella often experience fever, diarrhea (which may be bloody), nausea, vomiting and abdominal pain.



Previously reported:

- Eva Nutrition, Science of Alpha, Niwali, NWL Nutra Tejocote Dietary Supplements by Global Mix, Inc due to containing toxic yellow oleander.
- Helados Mexico, mango bars in the variety pack by Tropicale Foods due to the potential to be contaminated with Salmonella.
- Trader Joes Nuts- 50% Less Sodium Roasted and Salted Whole Cashews by Wenders LLC due to potentiation contamination with *Salmonella*.
- Ground Cinnamon Products by La Fiesta, SWAD, El Chilar, and Colonna due to elevated lead levels.

For more information on recalls due to food with undeclared allergens, drugs, nutritional/dietary supplements or medical devices please visit: <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts>

HAPPY EARTH DAY

Though it should be celebrated every day, Earth Day is celebrated on April 22nd every year. It’s a helpful reminder to get outside, be active in nature, and to do what we can to take care of our environment. Did you know that nature can help restore attention, reduce stress, and facilitate social connections in children and adults and that there is science to prove it? Read more about this study in the Journal of Pediatrics: <https://doi.org/10.1542/peds.2020-049155>



If we take care of our planet, we are also taking care of ourselves. Fish is a great source of protein. Unfortunately the fish in our lakes, rivers and streams are affected by our pollution; as a result, this impacts our health negatively if we consume them: <https://portal.ct.gov/dph/environmental-health/environmental-and-occupational-health-assessment/ct-fish-consumption-advisory-and-the-safe-eating-of-fish-caught-in-connecticut>.

“One Health” is a collaborative, multisectoral, and transdisciplinary approach working at the local, regional, national and global levels to achieve optimal health outcomes recognizing the interconnections between people, animals, plants, and their shared environment. It’s important for our municipalities, district, region and State to work together in the One Health process. For more information on One Health please visit: <https://www.cdc.gov/onehealth/index.html>.

Do not forget to follow Central Connecticut Health District on social media!

FaceBook: <https://www.facebook.com/ccthd4/>

Twitter: <https://twitter.com/CCTHD>

Instagram: <https://www.instagram.com/centralcthealthdistrict/>

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.