

# WEEKLY EPIDEMIOLOGIST REPORT

May 13, 2024

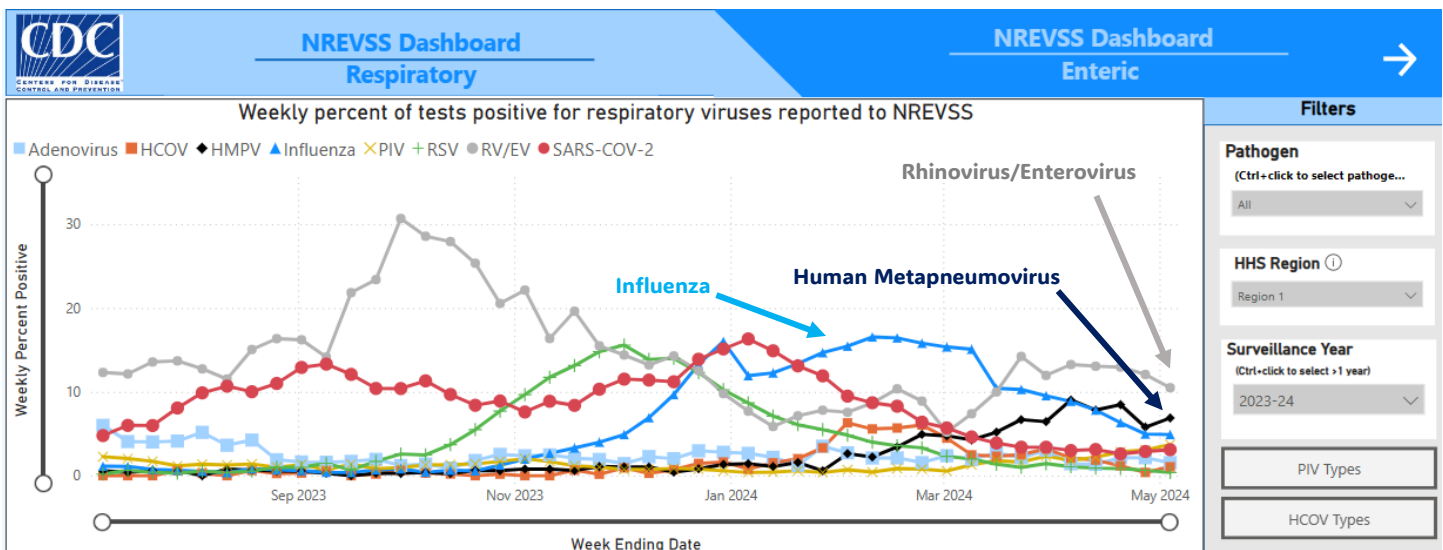


**Central  
Connecticut  
Health  
District**

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## 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 (PIV), human metapneumovirus (HMPV), respiratory adenoviruses, human coronavirus (HCOV), Rhinovirus/Enterovirus (RV/EV), and enteric 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; Bridgeport Hospital and Yale New Haven Hospital are the only contributing hospitals 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 **May 3, 2024** for Region 1, which includes the States of Connecticut, Rhode Island, Massachusetts, Vermont, New Hampshire and Maine.



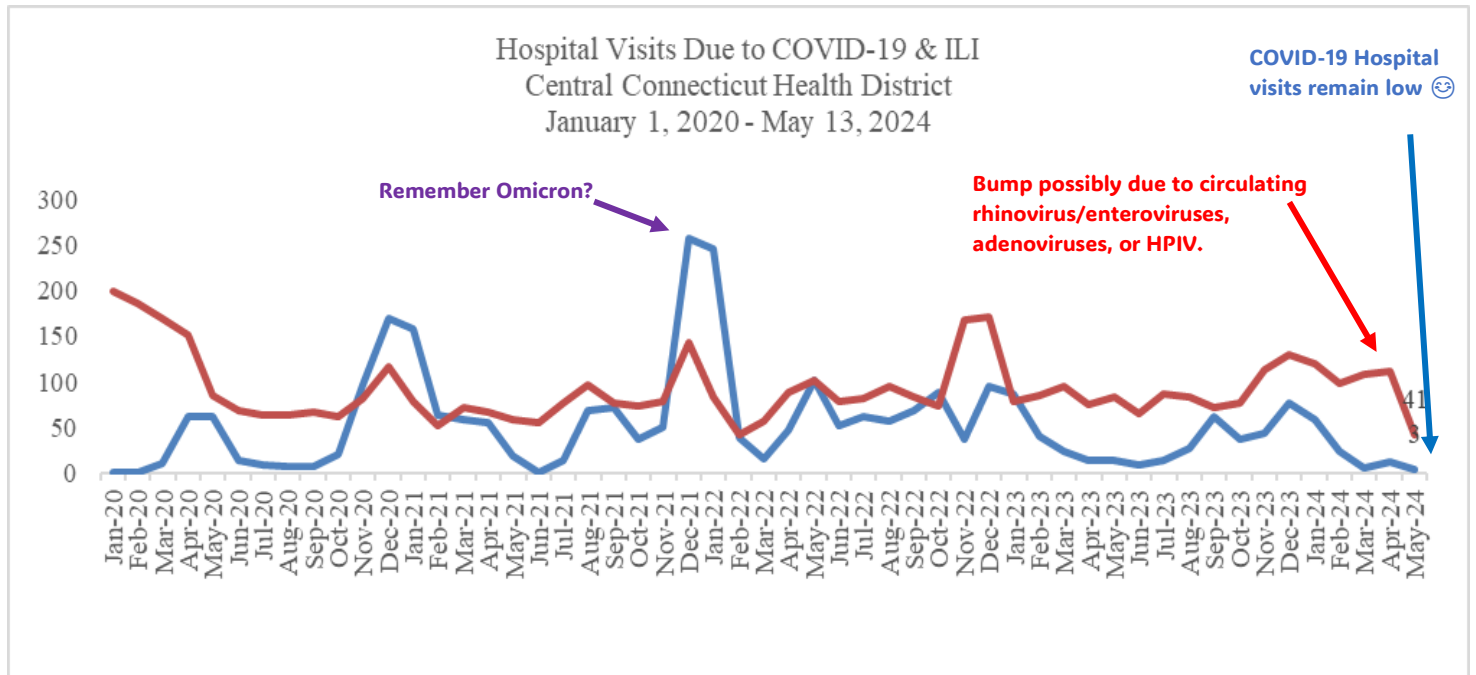
RV/EV are the main respiratory viruses being reported/detected at this time through the NREVSS in Region 1. Rhinoviruses are the most frequent cause of the common cold. Rhinoviruses are part of the same virus group as non-polio Enteroviruses. Symptoms for these viruses typically last seven days but can last up to two weeks. Symptoms can include coughing, sneezing, runny nose, nasal congestion, sore throat, headache, body aches, and fever. Rhinoviruses can also exacerbate asthma, cause middle ear infections, sinusitis, bronchitis, or pneumonia.

HMPV also appears to have elevated percent positivity. HMPV symptoms include cough, fever, nasal congestion, and shortness of breath. HMPV infection has been known to progress to bronchitis or pneumonia. The incubation period for HMPV is anywhere from 3 to 6 days, and the duration of illness can vary depending upon the severity of the disease.

Region 1 is finally seeing some respite in enterovirus activity as norovirus and rotavirus percent positivity have decreased over the past few weeks.

## LOCAL RESPIRATORY SYNDROMIC SURVEILLANCE

CCHD collects syndromic surveillance data from the EpiCenter database. Data for COVID-19 and Influenza-like Illness (ILI) is as of **May 13, 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. As you can see in the NREVSS chart above, influenza is still circulating in Region 1. CCHD will continue to monitor influenza trends throughout the spring and summer.



## SITUATIONAL AWARENESS UPDATES:

### **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. The CDC is working in collaboration with the U.S. Department of Agriculture (USDA), the Food and Drug Administration (FDA), state public health and animal health officials, and other partners using a [One Health](#) approach. Currently, one human case has been confirmed in a person with exposure to presumably infected dairy cows reported by Texas on April 1, 2024. Anyone exposed to sick animals is at risk for contracting HPAI. Everyone should avoid consuming raw milk, raw eggs, and raw meat. When handling raw products, wash hands and surfaces thoroughly. For more information on HPAI please visit:

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



## Measles

As of **May 10, 2024**, a total of 132 measles cases (+1 since last reporting period) were reported in 21 States (AZ, CA, FL, GA, IL, IN, LA, MD, MI, MN, MO, NJ, NY, NYC, OH, PA, VA, VT, WA, WV, & WI) since January 1, 2024. Wisconsin recently reported cases of measles. Of the 131 cases, 70 (53%) have been hospitalized for isolation or management of measles complications. 81% of the cases were unvaccinated or had an unknown vaccination status; while 14% only received one dose of MMR vaccine previously and 5% received the full series (two doses). For more information on measles please visit:

<https://www.cdc.gov/measles/index.html>

## PREVENTION

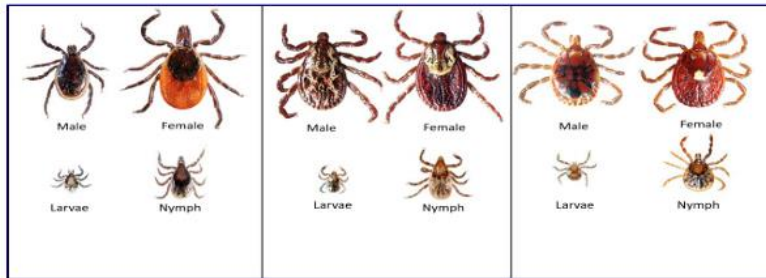
The best way to prevent the spread of infectious respiratory or gastrointestinal illness is to:

- Cover your cough and sneezes,
- [Wash your hands often](#),
- Get vaccinated,
- Stay home when you are ill,
- Consider wearing a well-fitted mask in crowded places,
- Minimize close contact with sick people,
- Frequently clean and disinfect high touch surfaces (light switches, countertops, and doorknobs),
- Eat healthy, well-balanced meals, and
- Stay hydrated.



## **TICK-BORNE DISEASES**

We continue to receive tick submissions for testing from residents. The following illustration is of what the Blacklegged Deer Tick, American Dog Tick, and Lone Star Tick look like in the different stages of their life cycle, respectively. Please visit <https://www.ccthd.org/vectorbornedisease> to find out how to submit ticks 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:**

- First Street, Gelson's, bulk at Down Home Goods and Thorp Fruit Yogurt covered pretzels by Western Mixers Produce and nuts for the potential to be contaminated with Salmonella.
- HyVee Plain Whipped Cream Cheese, Plain Cream Cheese, and Cookies & Cream Mix by Hy-Vee Inc. for the potential to be contaminated with Salmonella.
- Freshness Guaranteed, Palmer, Sweet Smiles, Snackin' With The Crew, Casey's, Sconza Chocolates, Favorite Day Bakery, Sunny Select, Urge!, Kwik Trip Inc. Various Confectionary Products by Palmer Candy Company for the potential to be contaminated with Salmonella.

### **Previously reported:**

- Planters Honey Roasted Peanuts and Deluxe Lightly Salted Mixed Nuts by Hormel Foods Sales, LLC due to the potential to be contaminated with Listeria monocytogenes.

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>

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**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/>

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*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.*