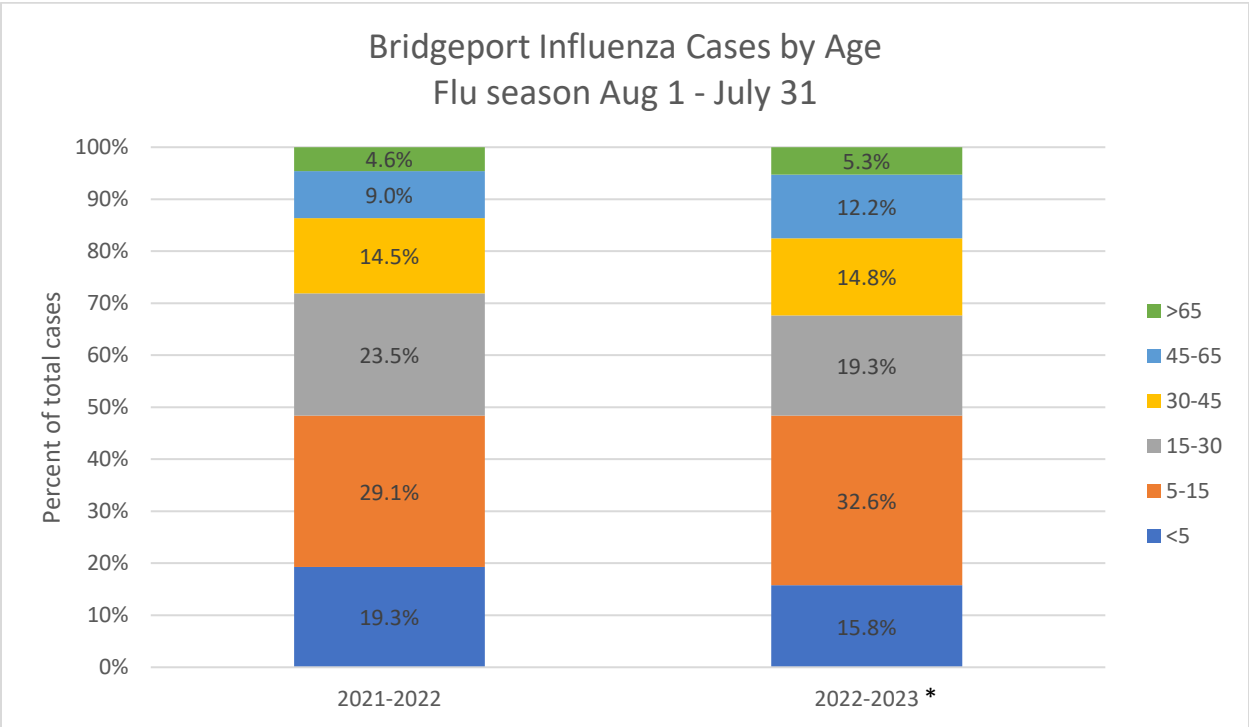
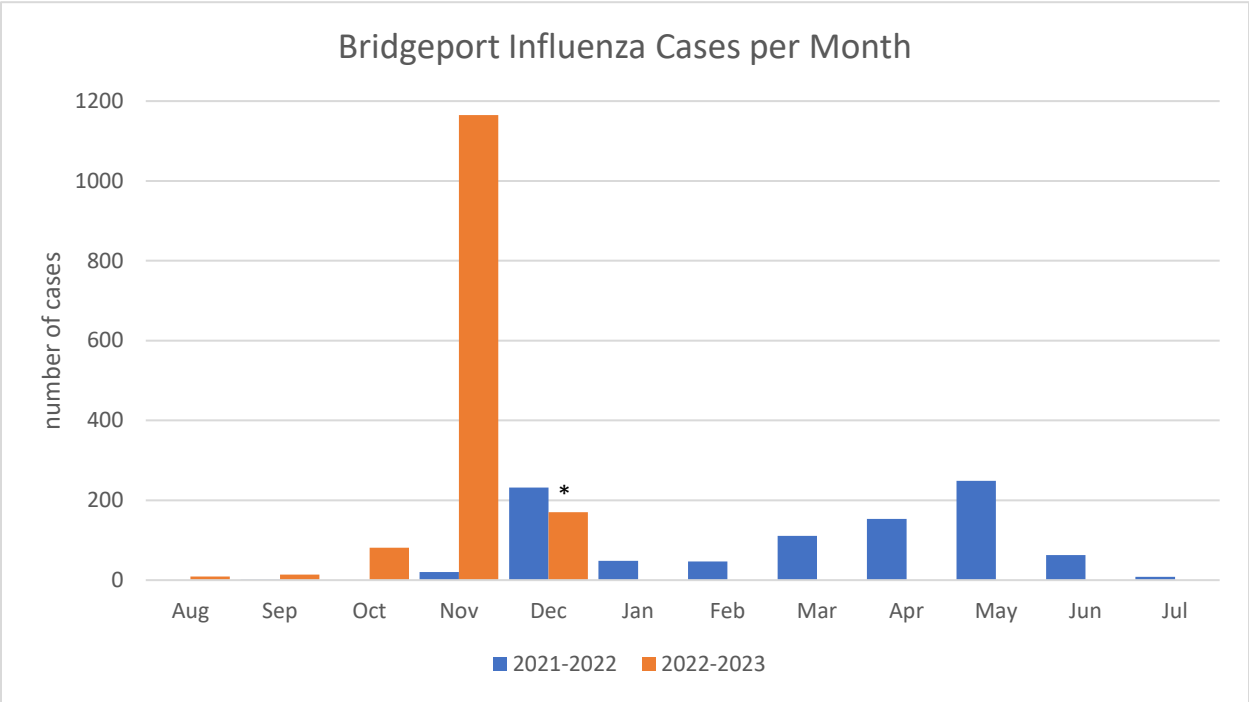


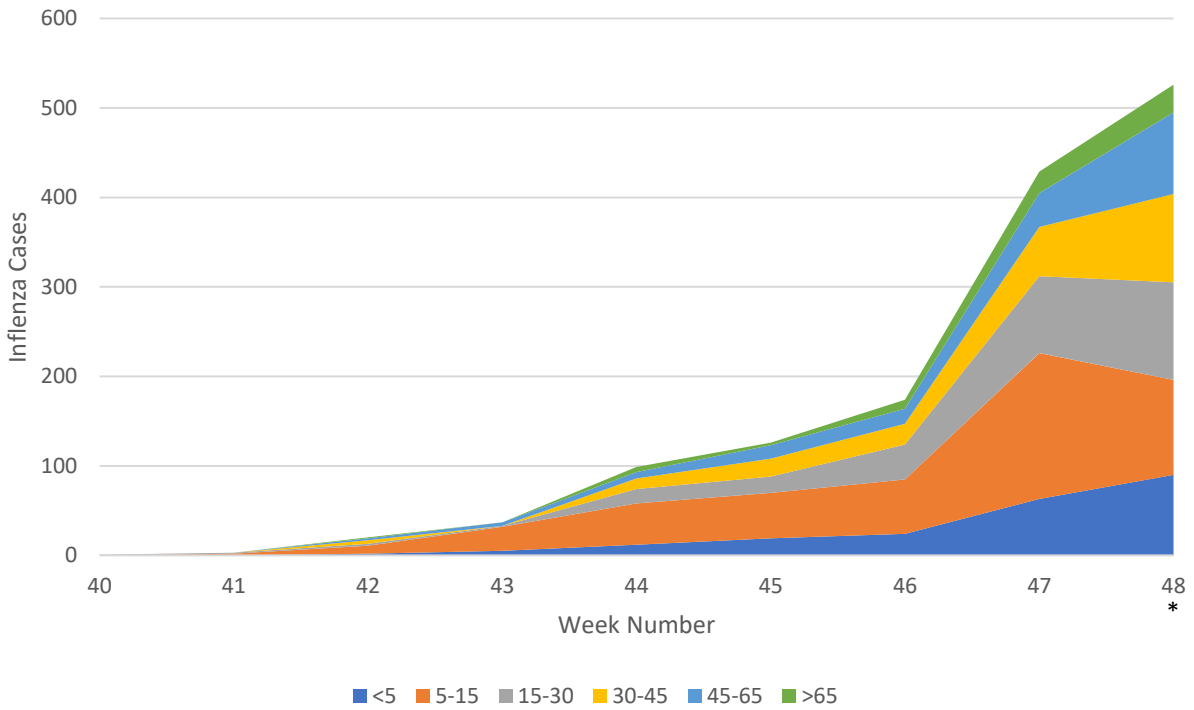
# INFLUENZA EPI REPORT: 2022-2023 SEASON

WEEK 48 – ENDING DECEMBER 6, 2022

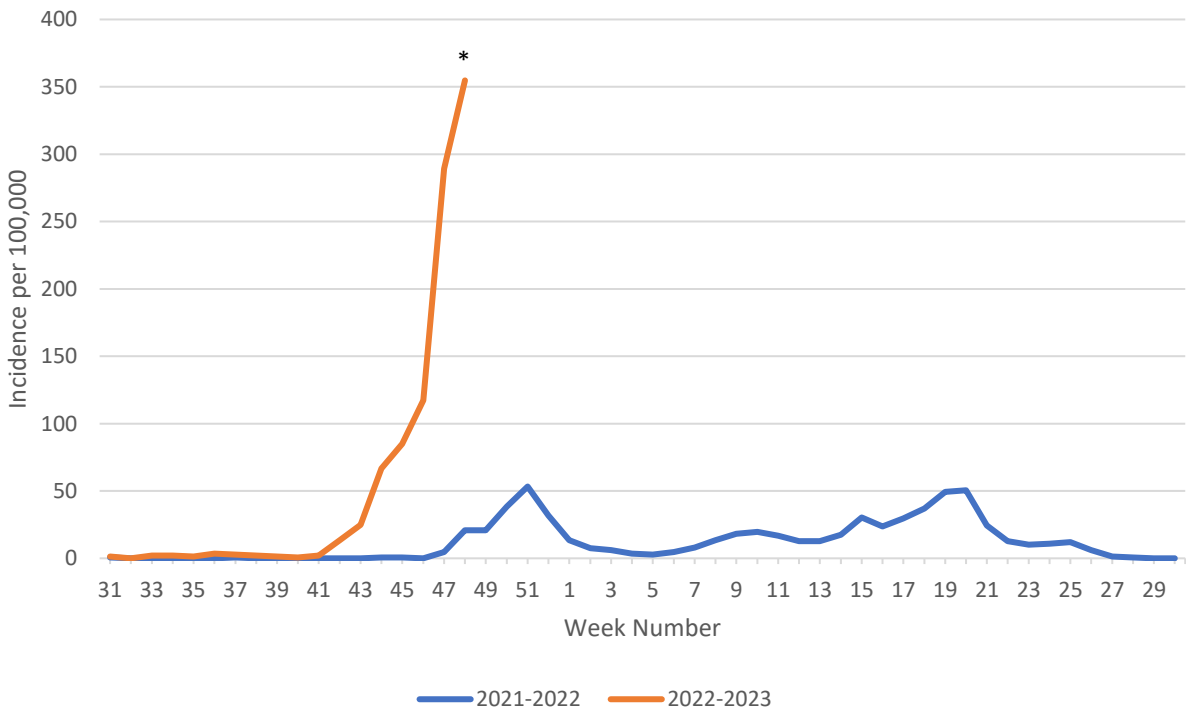
## BRIDGEPORT – CASES REPORTED THROUGH DECEMBER 6, 2022



Weekly Number of New Influenza Cases by Age  
2022-2023 Season

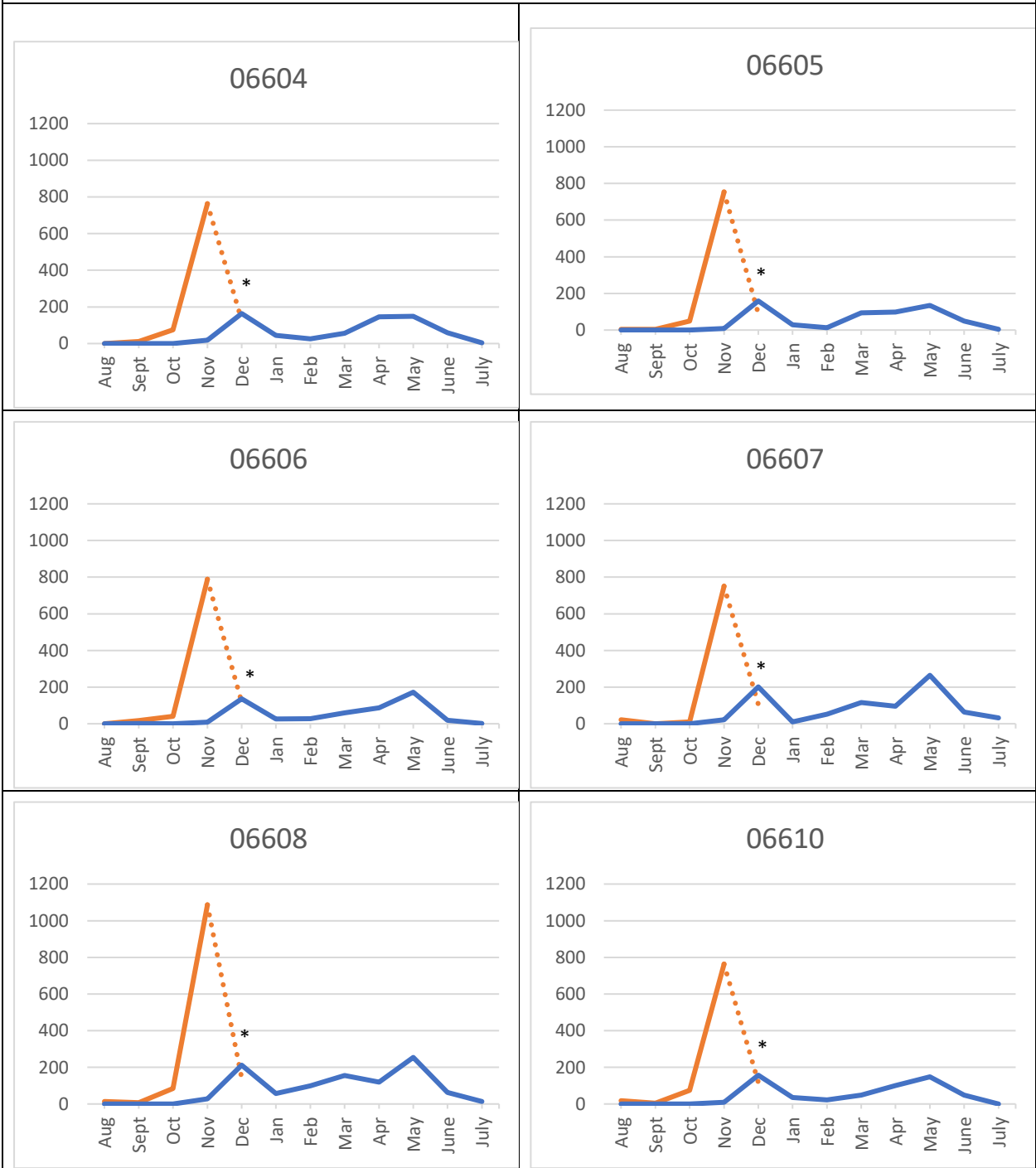


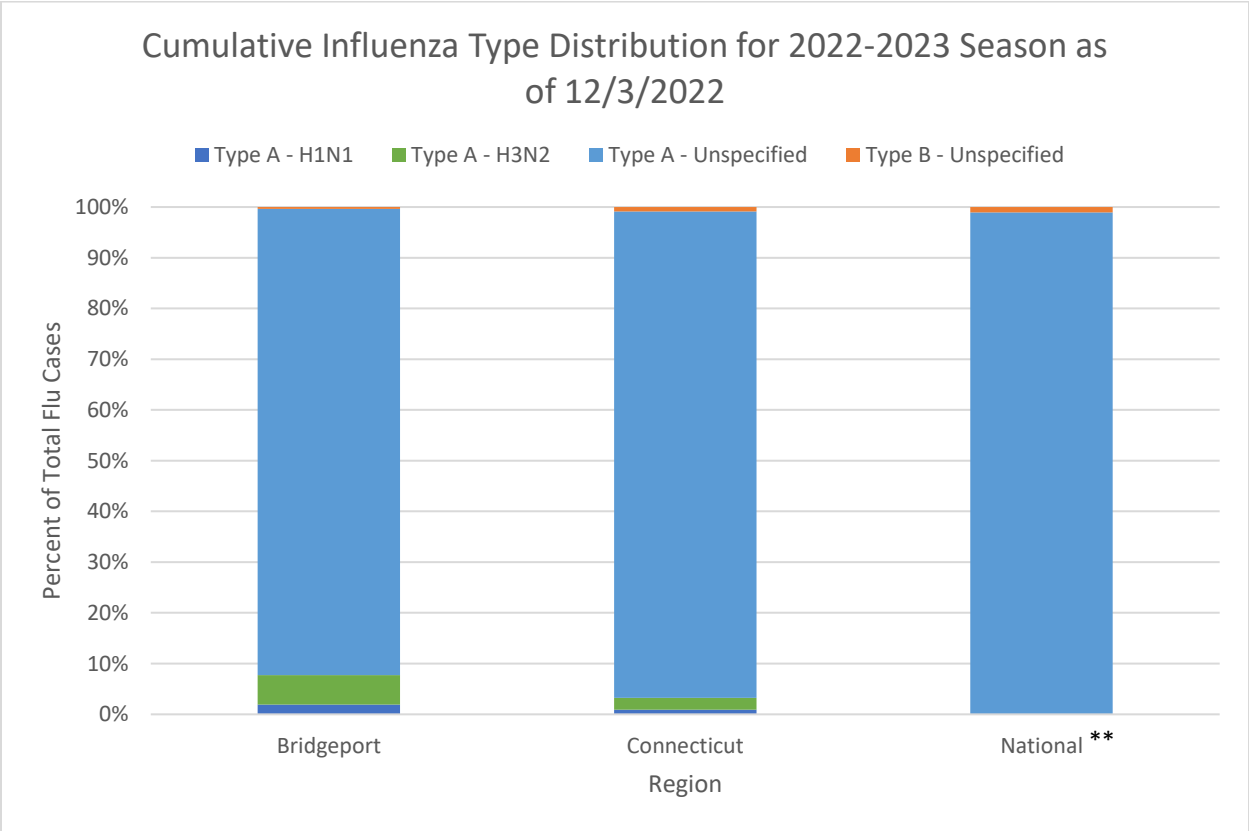
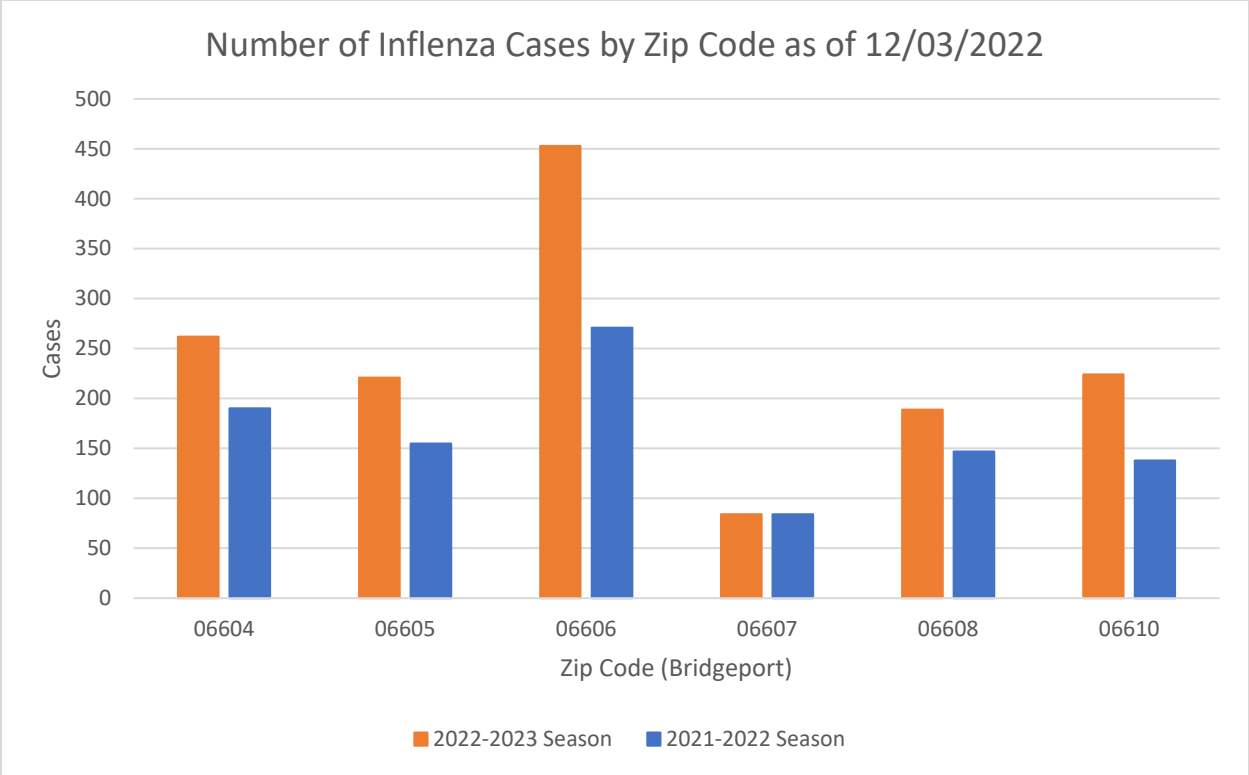
Influenza Weekly Incidence Rate in Bridgeport



## Influenza Monthly Incidence Rate per 100,000 by Zip Code

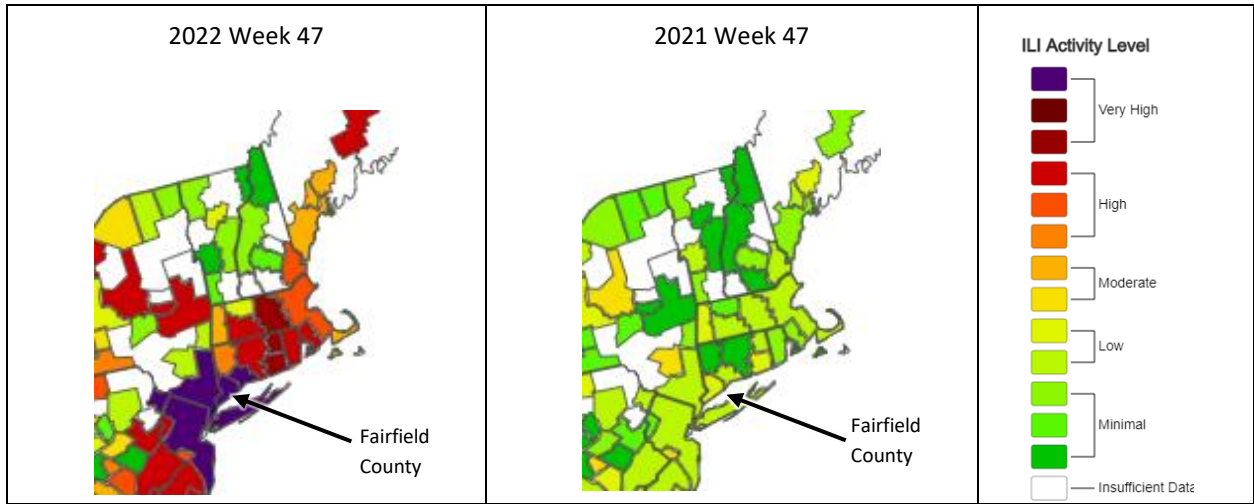
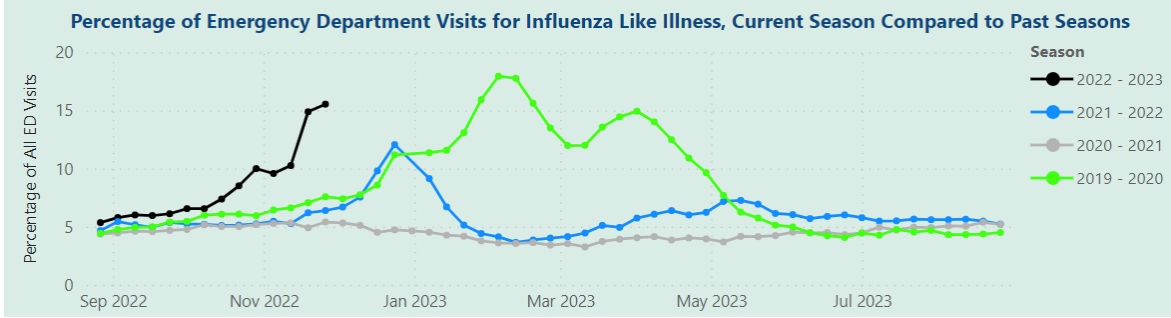
— 2021-2022    — 2022-2023



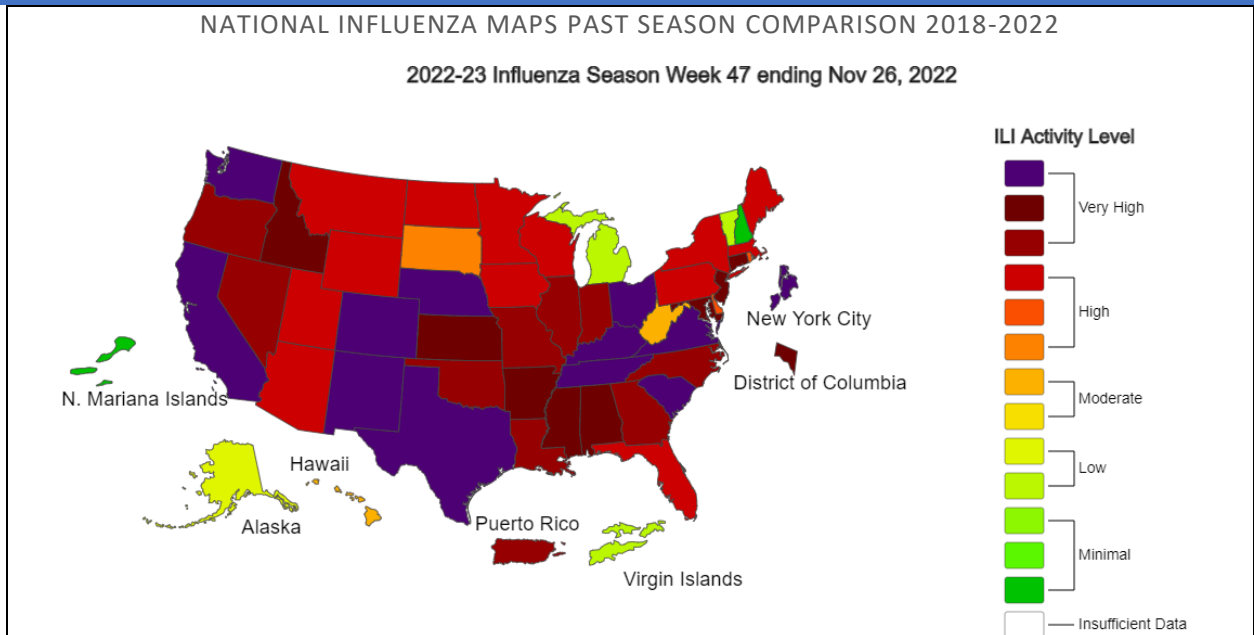


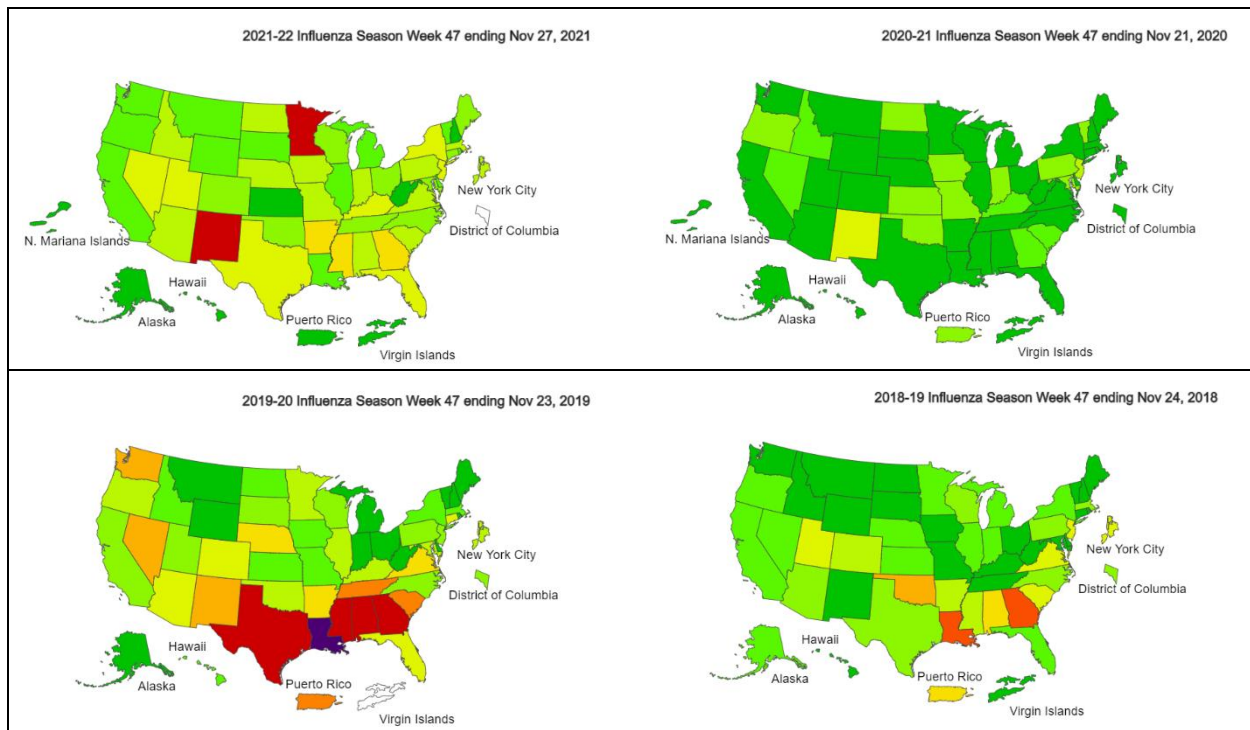
\*\*National data does not include subtyping of influenza viruses

CONNECTICUT – WEEK 47 ENDING NOVEMBER 26, 2022



UNITED STATES – WEEK 47 ENDING NOVEMBER 26, 2022





## SUMMARY

Influenza cases in Bridgeport for November 2022 were dramatically higher than November 2021 and cases in the first 3 days of December are already approaching the number seen in the entire month of December 2021. November 2022 had more influenza cases than the entire 2021-2022 flu season (Aug 2021-July 2022). By age, the largest proportion of cases are still in ages 5-15, but cases in 30 and up have increased over the past week. Seasonal influenza increases typically start in school age children before spreading to the rest of the population, and that is the trend that we are beginning to see for Bridgeport as shown in the weekly cases by age group chart. The weekly incidence rate of influenza cases in Bridgeport continues its exponential trend upward. The incubation period for influenza is typically 1-4 days and individuals are most contagious 3-4 days after symptoms start (but can also be contagious before symptoms start). This means that this week and next week are when we can expect to see the impact of Thanksgiving holiday gatherings on influenza infection rates, if there is one. By zip code, the November 2022 influenza incidence rate was highest in 06608 at over 1,100 cases per 100,000 population in November. The other 5 zip codes in Bridgeport had lower incidence rates ranging from approximately 750-780 per 100,000 for the month of November 2022. As we are only 3 days into December for data collection, the incidence rate for this month cannot be accurately calculated at this time. It appears to trend downward but that is because there is only a fraction of this month's data available at this time. When looking at the raw number of cases per zip code, all regions have surpassed the number of cases seen in the 2021-2022 flu season with 06606 having the largest increase. Distribution of virus types remain predominantly Type A of unspecified subtype and H3N2 as the dominant subtype when it is tested for. Bridgeport is seeing higher percentages of H3N2 and H1N1 compared to Connecticut as a whole, but that could be due to a lack of subtyping being performed in other municipalities. Bridgeport has a lower percentage of type B influenza cases than statewide or nationally.

Emergency Department visits for influenza like illness continues to rise for the state of Connecticut, despite a small standstill in mid-November. ED visits have surpassed levels seen in the 2020-2021 and 2021-2022 flu seasons and are rapidly approaching the high point seen in the 2019-2020 flu season. Fairfield County has increased to very

high levels of ILI activity and all counties in CT are at high levels of activity or above. Fairfield County was at low levels of ILI activity at this time last year and no regions in CT were above low levels.

Very high levels of ILI activity have spread nationally, moving beyond regional groupings of activity levels. 31 states/metropolitan areas are at very high levels of ILI, including Connecticut, New York City, and New Jersey. Unlike the rest of the nation, New Hampshire remains at minimal levels of ILI and Vermont, Michigan, and Alaska have low levels of ILI. As with previous weeks, this week is has dramatically higher levels of ILI activity than in the previous 4 years with only the 2019-2020 season showing more than 2 states at high levels of activity. It does not appear that we have reached the peak of influenza infections for this flu season, but we can hope to see a dip in early December as was seen in previous years. As cases increase in older individuals it is increasingly important to do what we can to stop the spread of flu to vulnerable populations and avoid overburdening our already stressed health care system.

## PRECAUTIONS TO TAKE

- Get vaccinated every flu season
- Cover your coughs and sneezes
- Wash your hands often
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces that may be contaminated with the flu virus
- Avoid close contact with people who are sick and if you are sick limit contact with others
- If you have the flu, stay home for at least 24 hours after the fever is gone (except to get medical care or other necessities) without fever-reducing medication
- Take antiviral drugs if your doctor prescribes them

## MORE INFORMATION

[How does the flu make you sick? \(video\)](#)

[What should you do if you have the flu? \(video\)](#)

[Is it the flu or COVID-19? \(website\)](#)

[Flu Vaccine Information \(website\)](#)



## DATA SOURCES

- CTEDSS – Bridgeport Influenza Cases
- CT DPH Flu Tracker
- CDC FluView – Weekly Influenza Summary <https://www.cdc.gov/flu/weekly/usmap.htm>