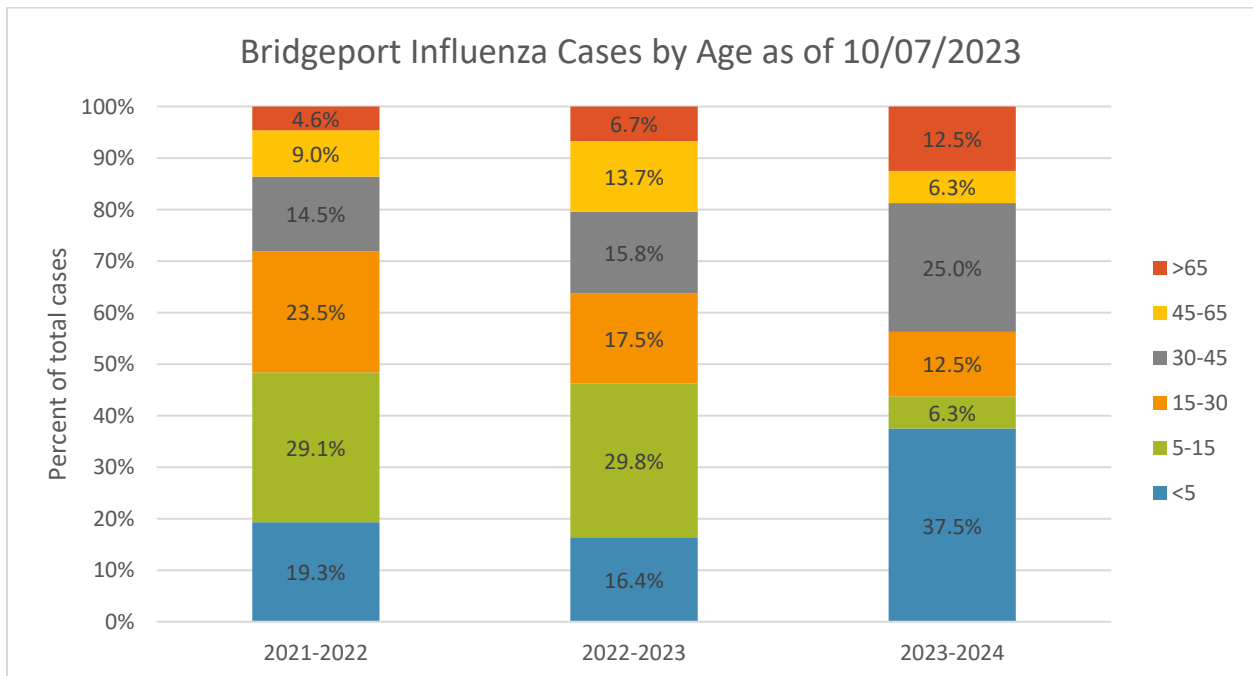
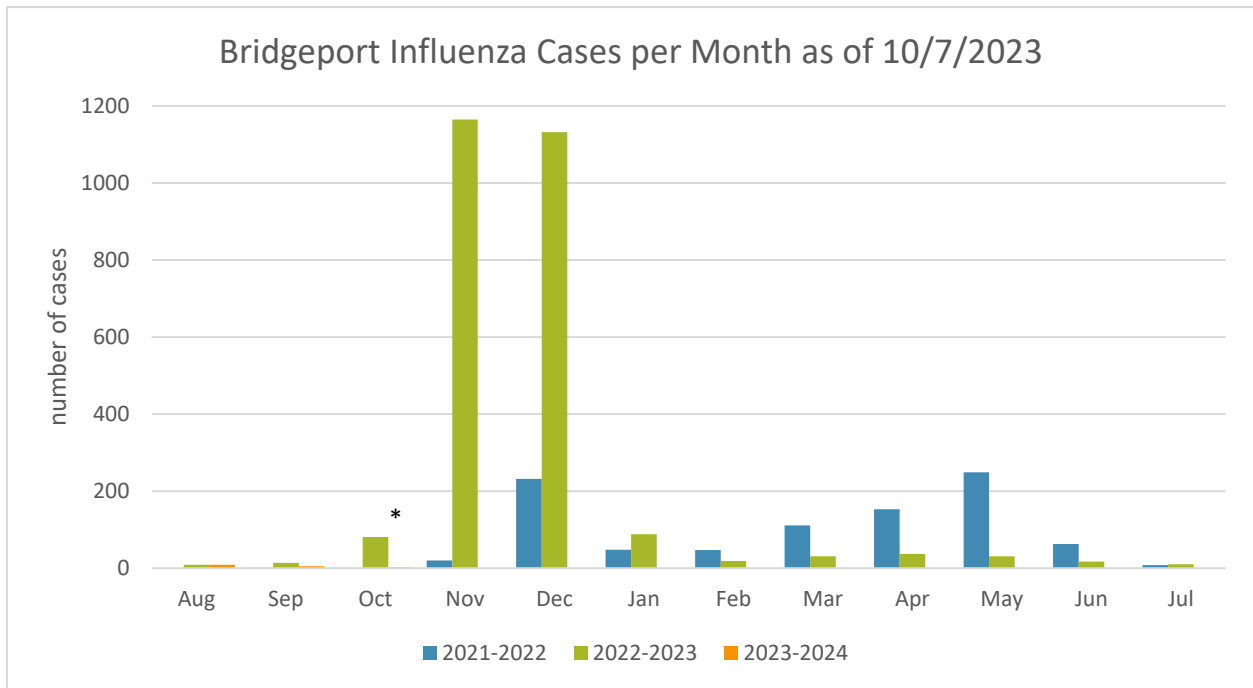




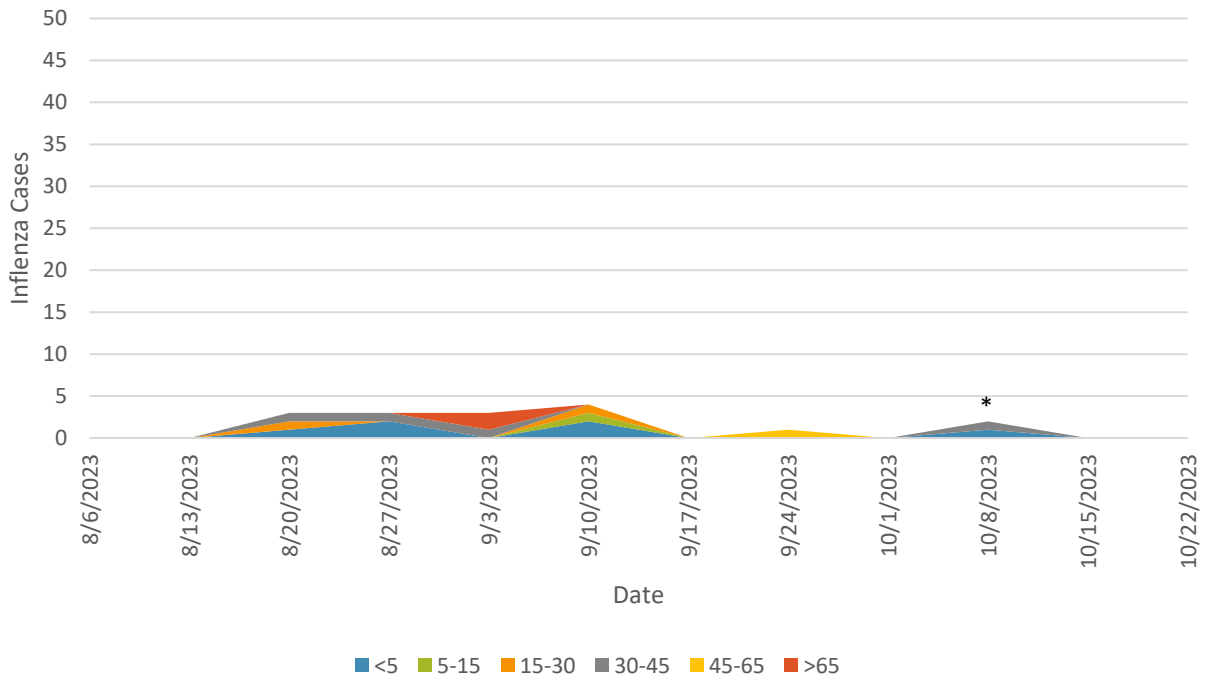
INFLUENZA EPI REPORT: 2022-2023

WEEK 40 – OCTOBER 7, 2023

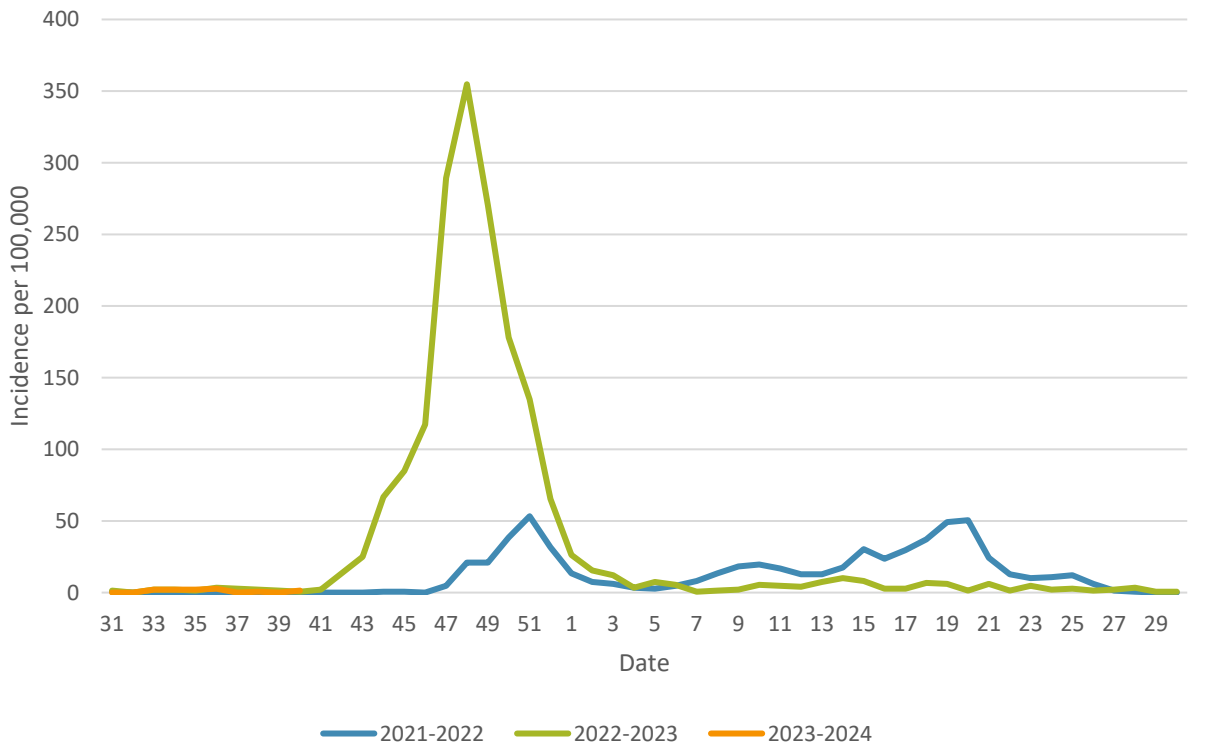
BRIDGEPORT – CASES REPORTED THROUGH OCTOBER 7, 2023



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

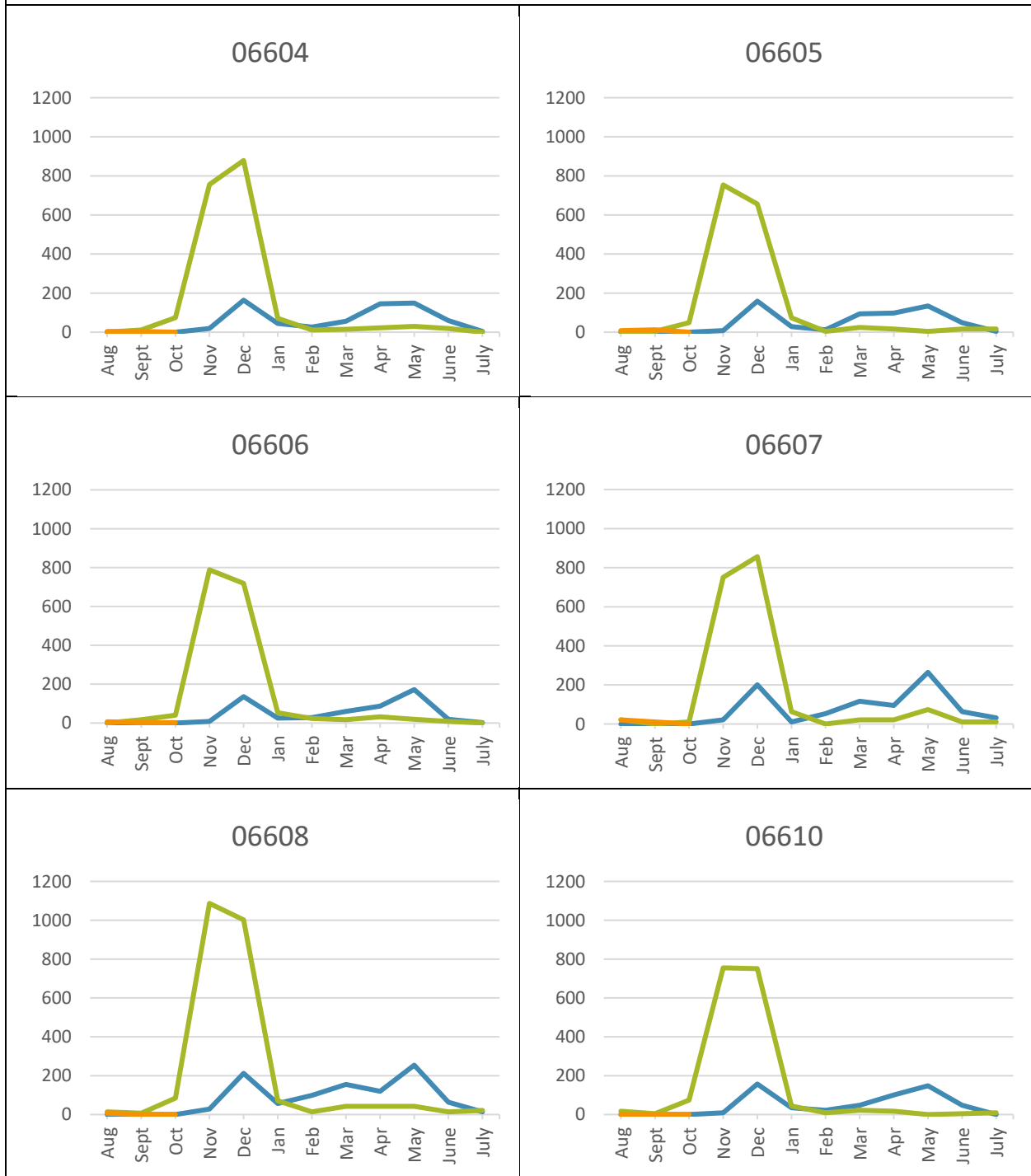


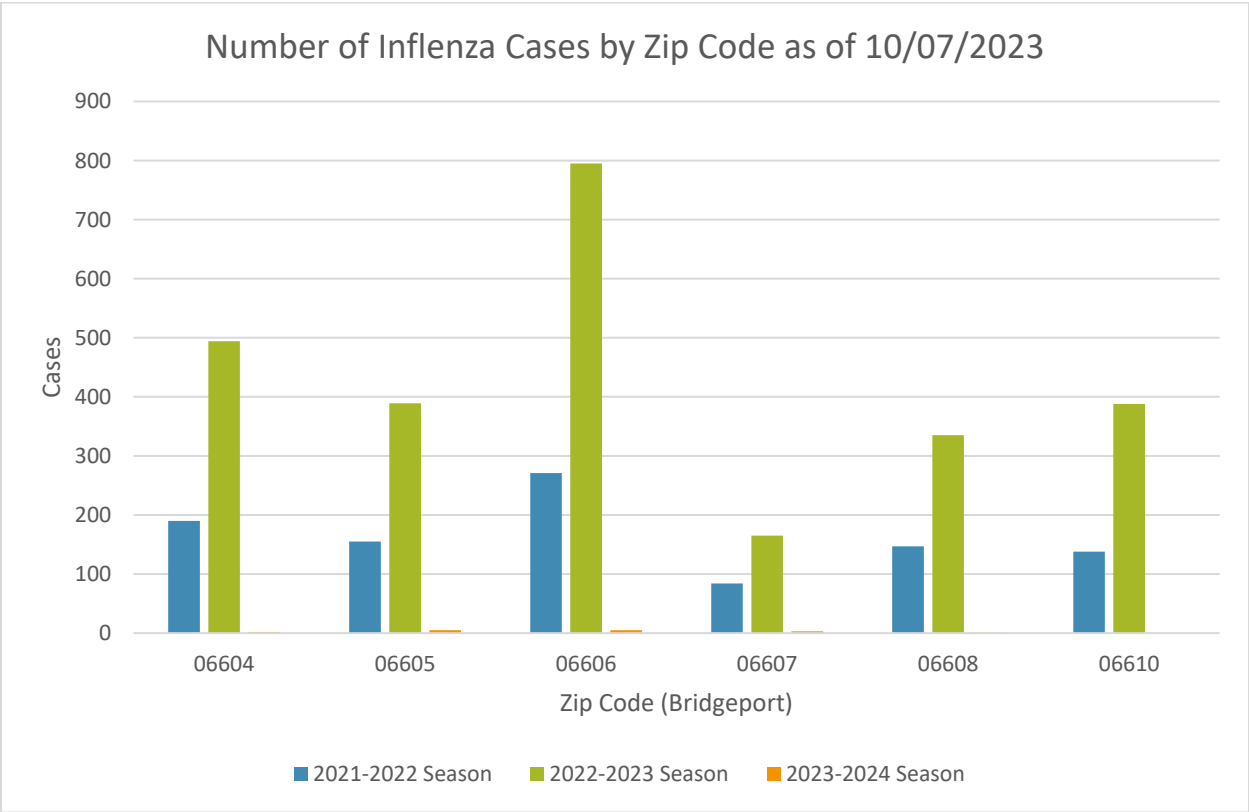
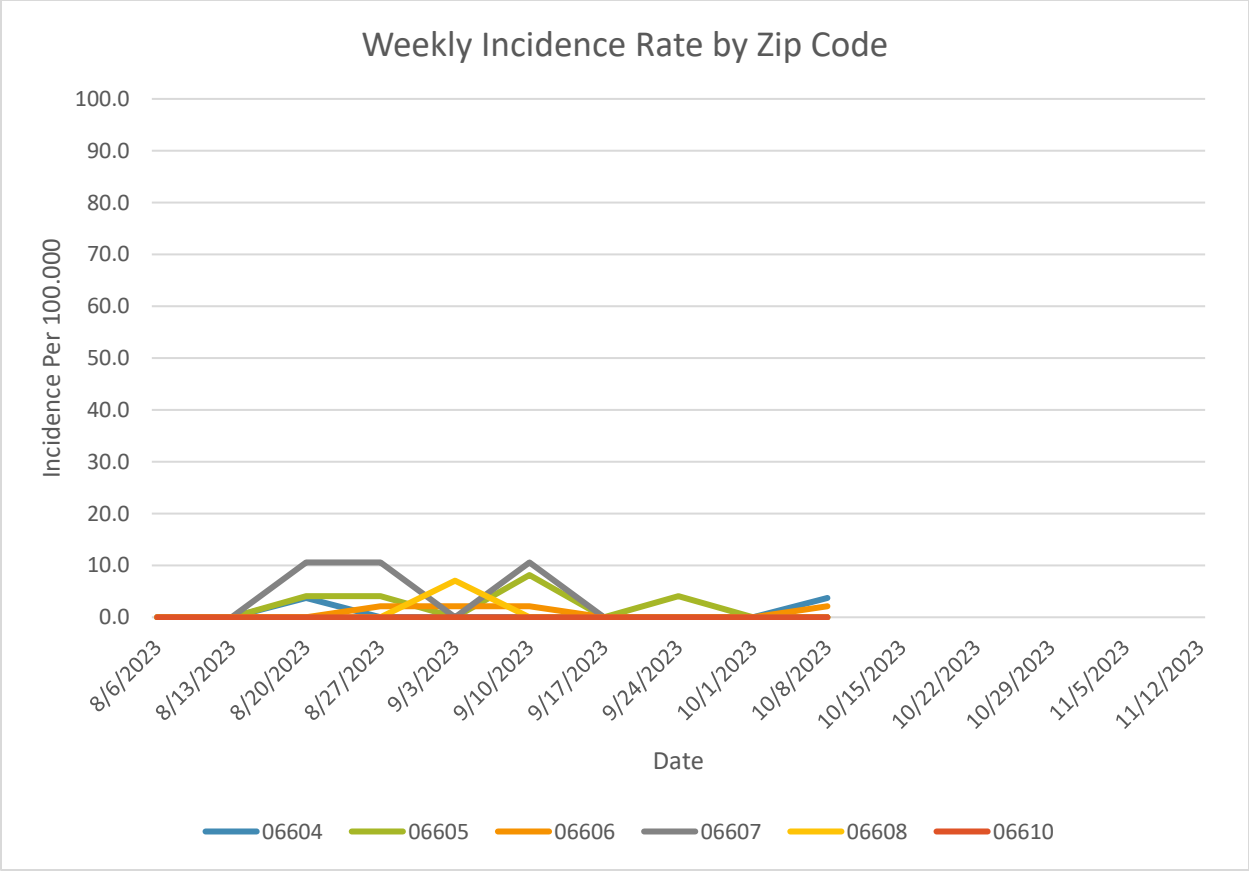
Influenza Weekly Incidence Rate in Bridgeport as of 10/07/2023

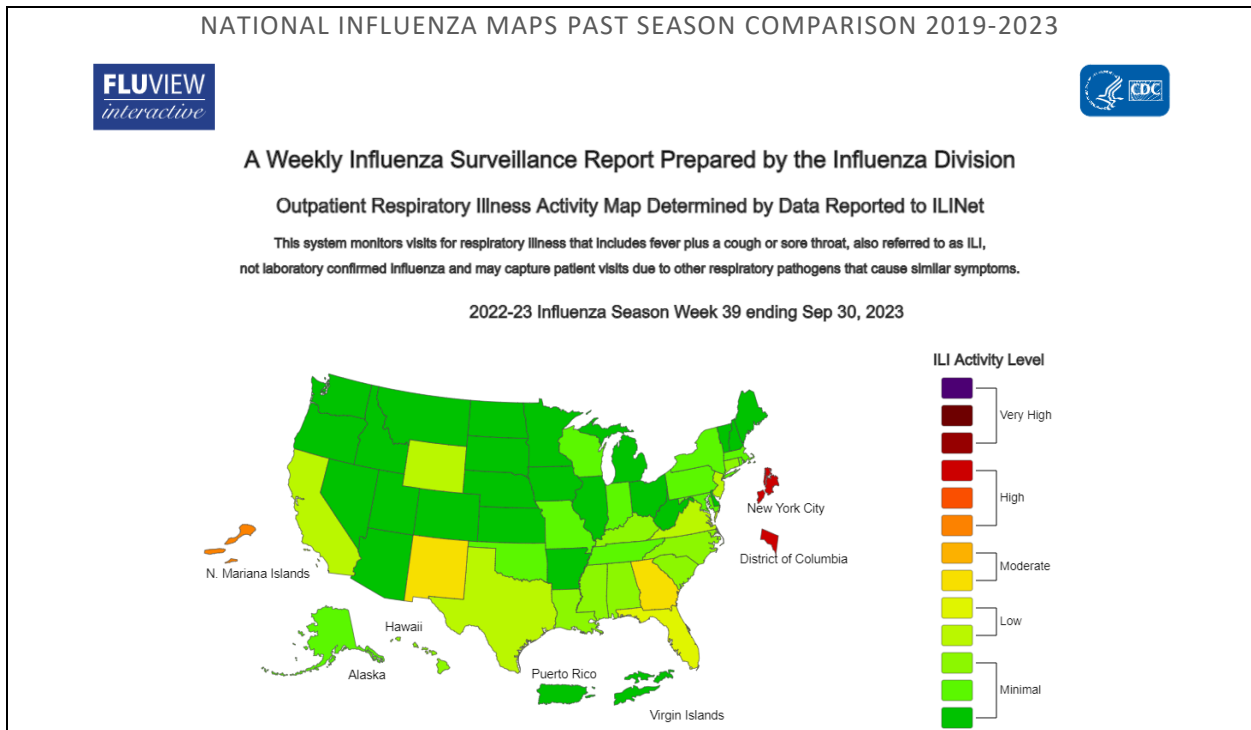
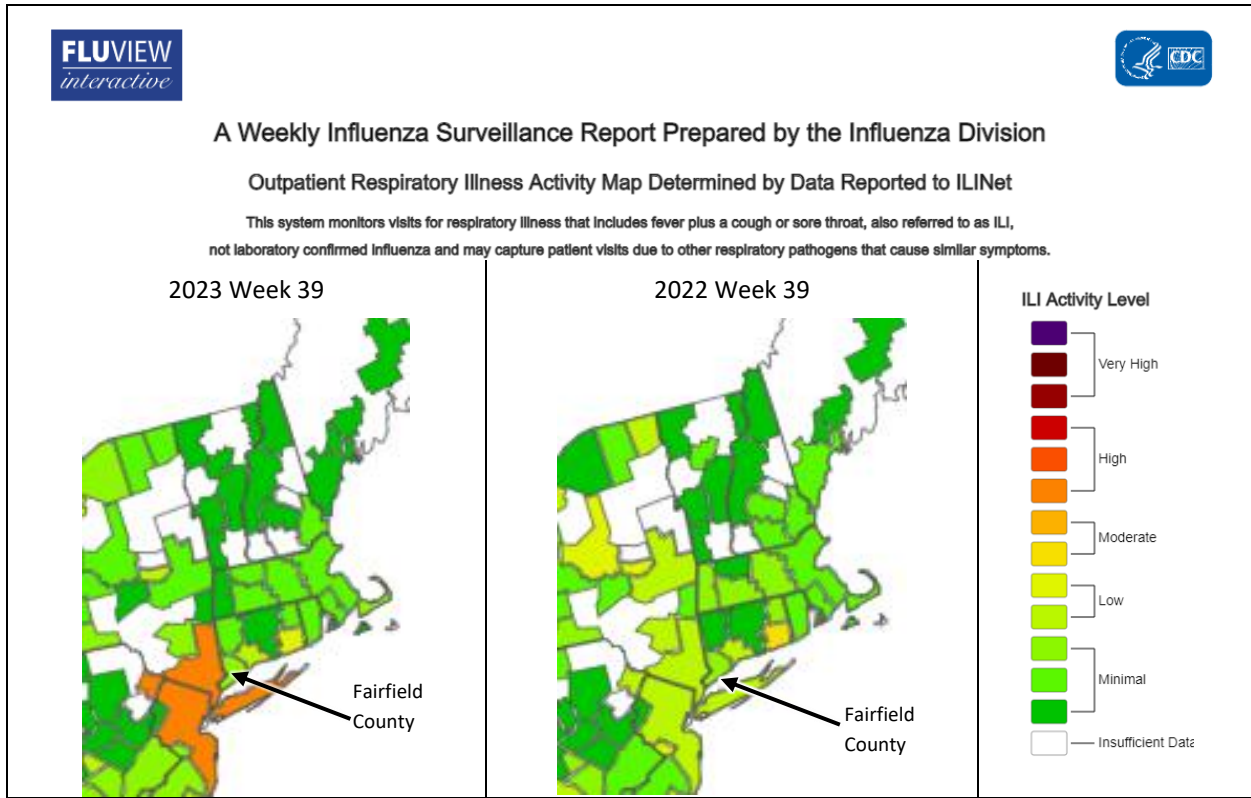


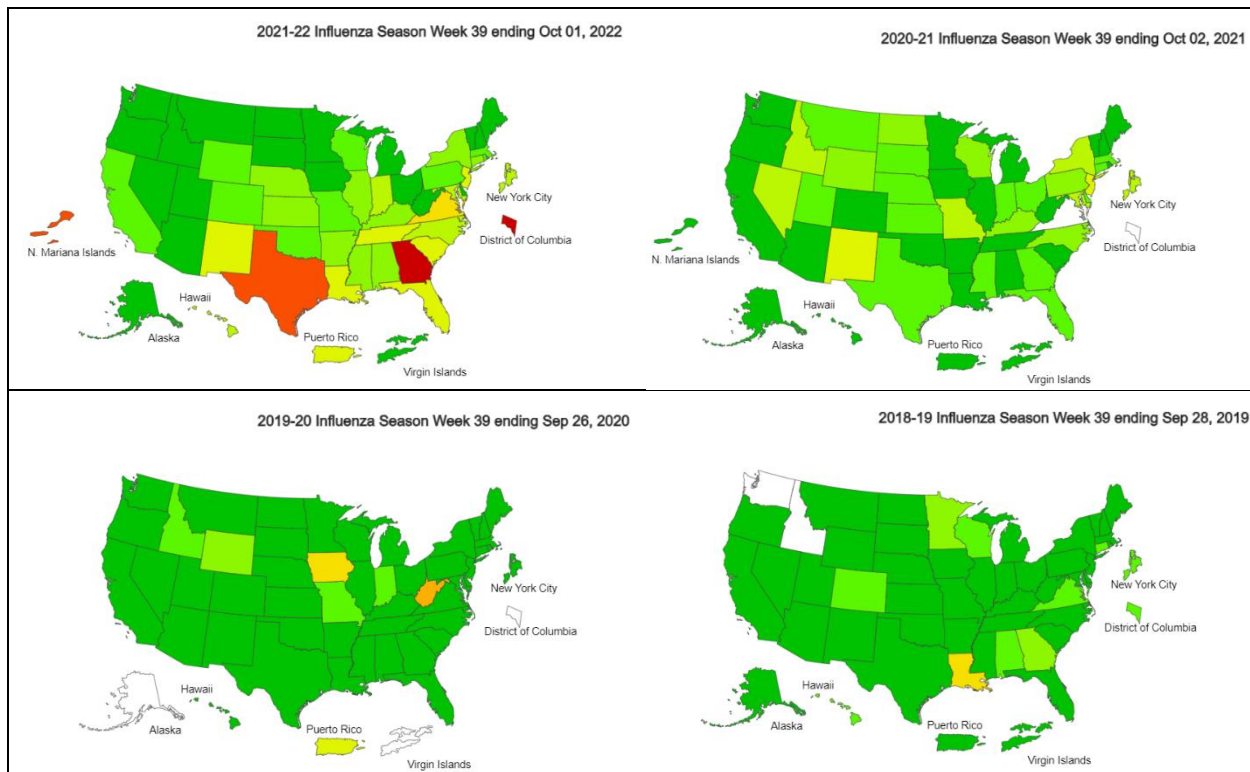
Influenza Monthly Incidence Rate per 100,000 by Zip Code as of 10/07/2023

— 2021-2022 — 2022-2023 — 2023-2024









*This map uses the proportion of outpatient visits to healthcare providers for influenza-like illness to measure the ILI activity level within a state. It does not, however, measure the extent of geographic spread of flu within a state. Therefore, outbreaks occurring in a single city could cause the state to display high activity levels.

*Data collected in ILINet may disproportionately represent certain populations within a state, and therefore may not accurately depict the full picture of influenza activity for the whole state.

*Data displayed in this map are based on data collected in ILINet, whereas the State and Territorial flu activity map are based on reports from state and territorial epidemiologists. The data presented in this map is preliminary and may change as more data is received.

*Differences in the data presented by CDC and state health departments likely represent differing levels of data completeness with data presented by the state likely being the more complete.

SUMMARY

Flu season starts on October 1st, but we begin our data tracking for the current season on August 1st. For this season, August had a total of 9 influenza cases in Bridgeport, which is the same as August 2022. In September there were 5 influenza cases which is lower than the number of cases seen in September 2022 (14 cases) but higher than was seen in September 2021 (1 case). As with previous years, the age group with the most cases of influenza reported is the 0-5 years followed by the 30-45 years. As the season progresses, we expect this to slowly align with the age breakdowns of the previous 2 influenza seasons. When comparing the weekly cases by age, there are too few cases to make any inferences as to patterns of infection at this time. And when looking at the total incidence rate of cases per 100,000 population, it is clear that the current data from August 1 – October 7 aligns with the very low incidence rates seen during the previous two years for this time period. When examined by zip code, this trend of low incidence rates and case counts continues.

Fairfield County is at minimal levels of Influenza Like Illness (ILI) Activity for the week ending on September 30, 2023, but the New York metropolitan area is already at high levels of ILI activity. Fairfield County is at the same level of ILI activity as this time last year, but the New York City region is much higher than last year. The other counties in Connecticut have similar levels of ILI Activity as was seen last year at this time.

ILI Activity remains minimal for the majority of the country with the notable exceptions of New York City and District of Columbia which are both at high levels of activity. Georgia and New Mexico are at moderate levels of activity as well. Compared to last year, the ILI activity levels are starting off lower but it remains to be seen what the impact of these lower starting levels are through the flu season. 2019-2021 had mostly minimal and low levels of ILI activity at the start of traditional flu season but this would most likely be due to the lack of COVID-19 in 2019 and the subsequent pandemic shut-downs and increased masking of the following two years. It is worth noting that ILI Activity does not only measure influenza cases, but it can also contain RSV and Covid cases that come into urgent care and emergency department locations with symptoms similar to influenza.

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](#)