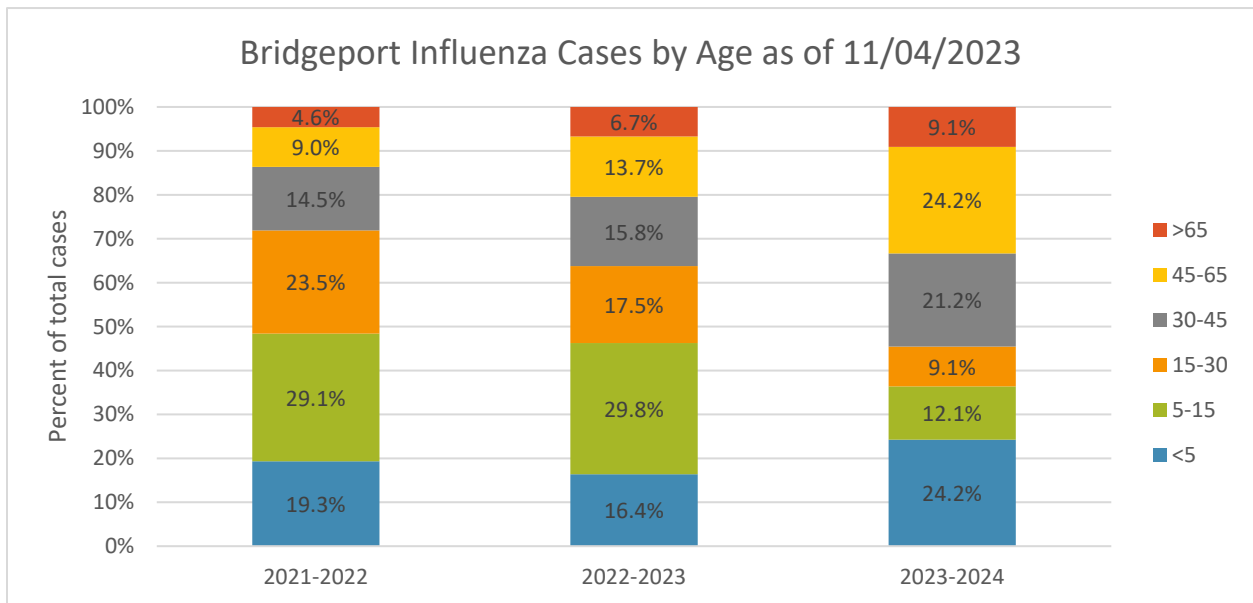
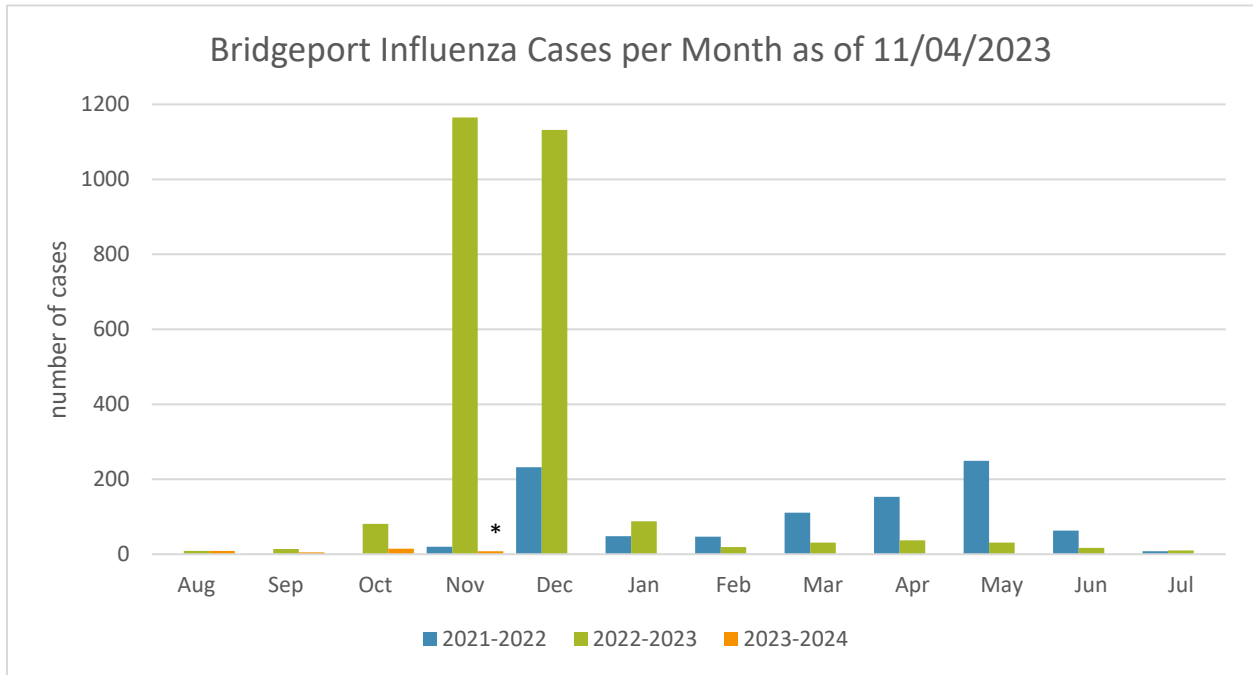




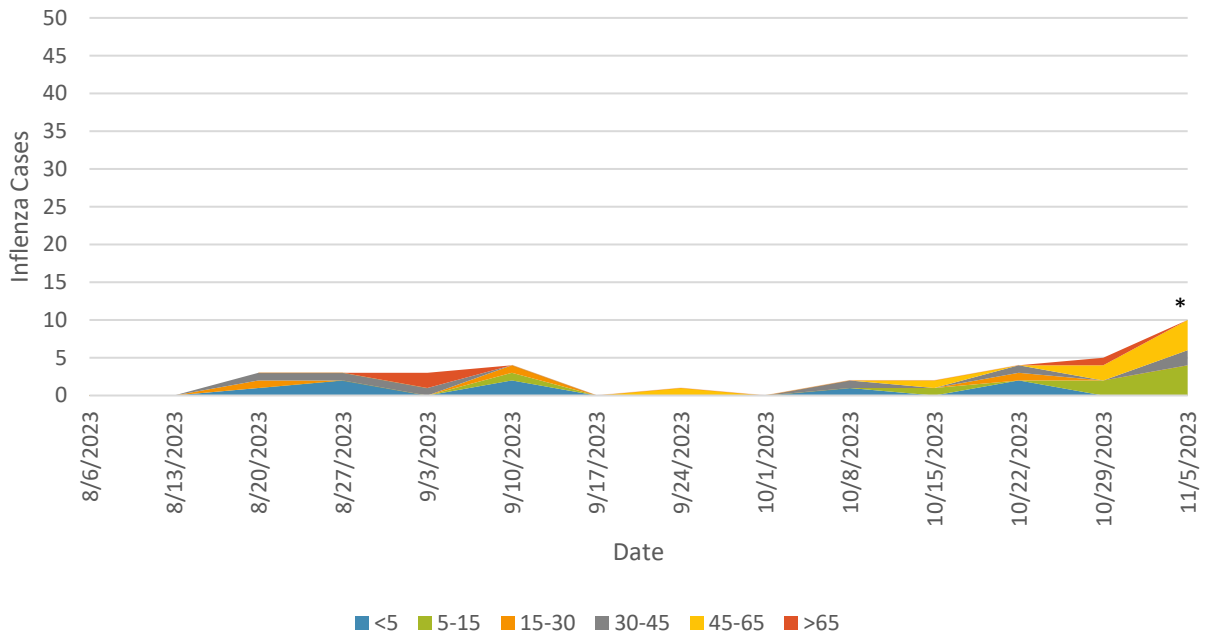
INFLUENZA EPI REPORT: 2022-2023

WEEK 44 – NOVEMBER 4, 2023

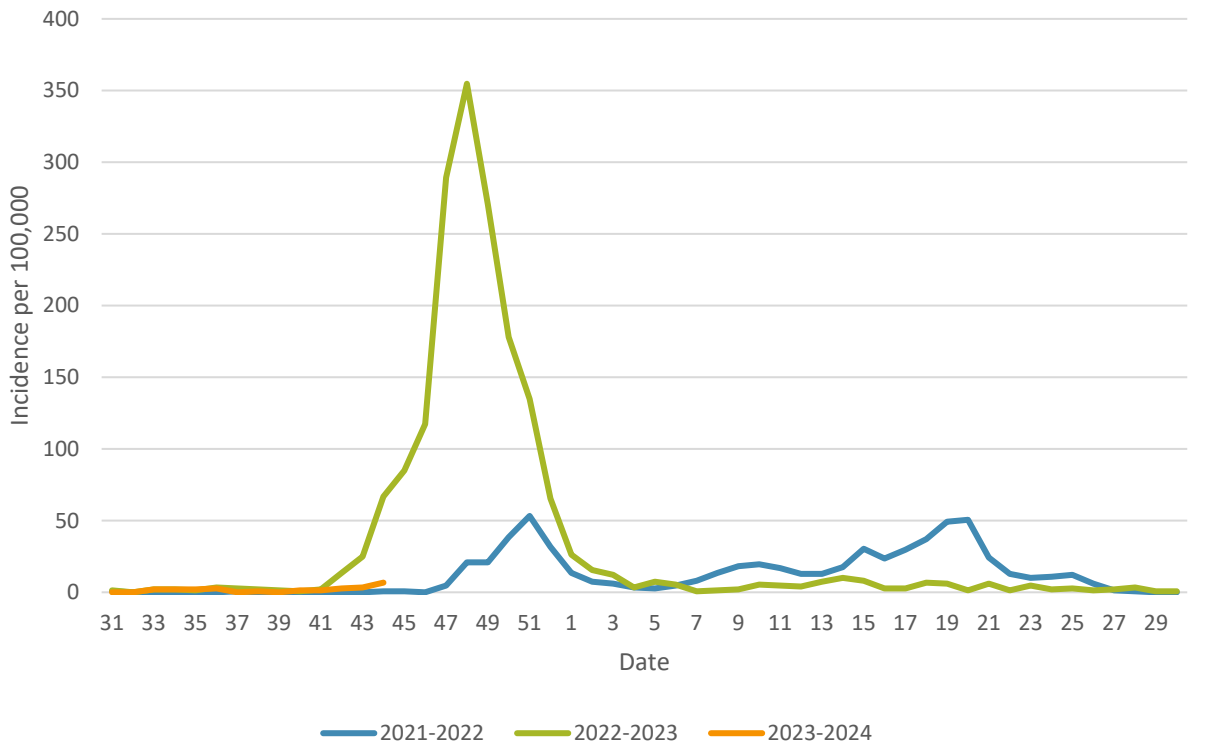
BRIDGEPORT – CASES REPORTED THROUGH NOVEMBER 4, 2023



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

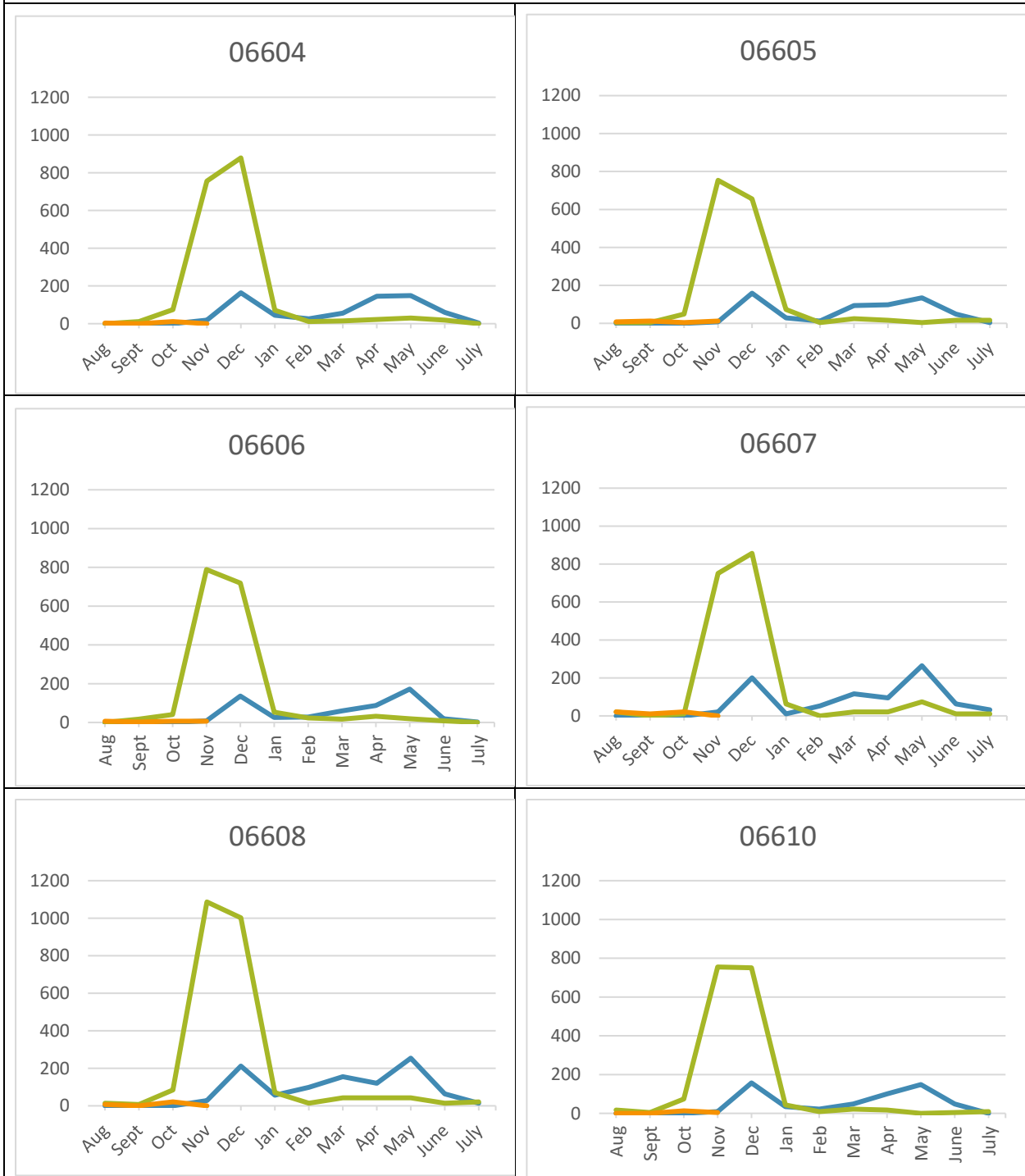


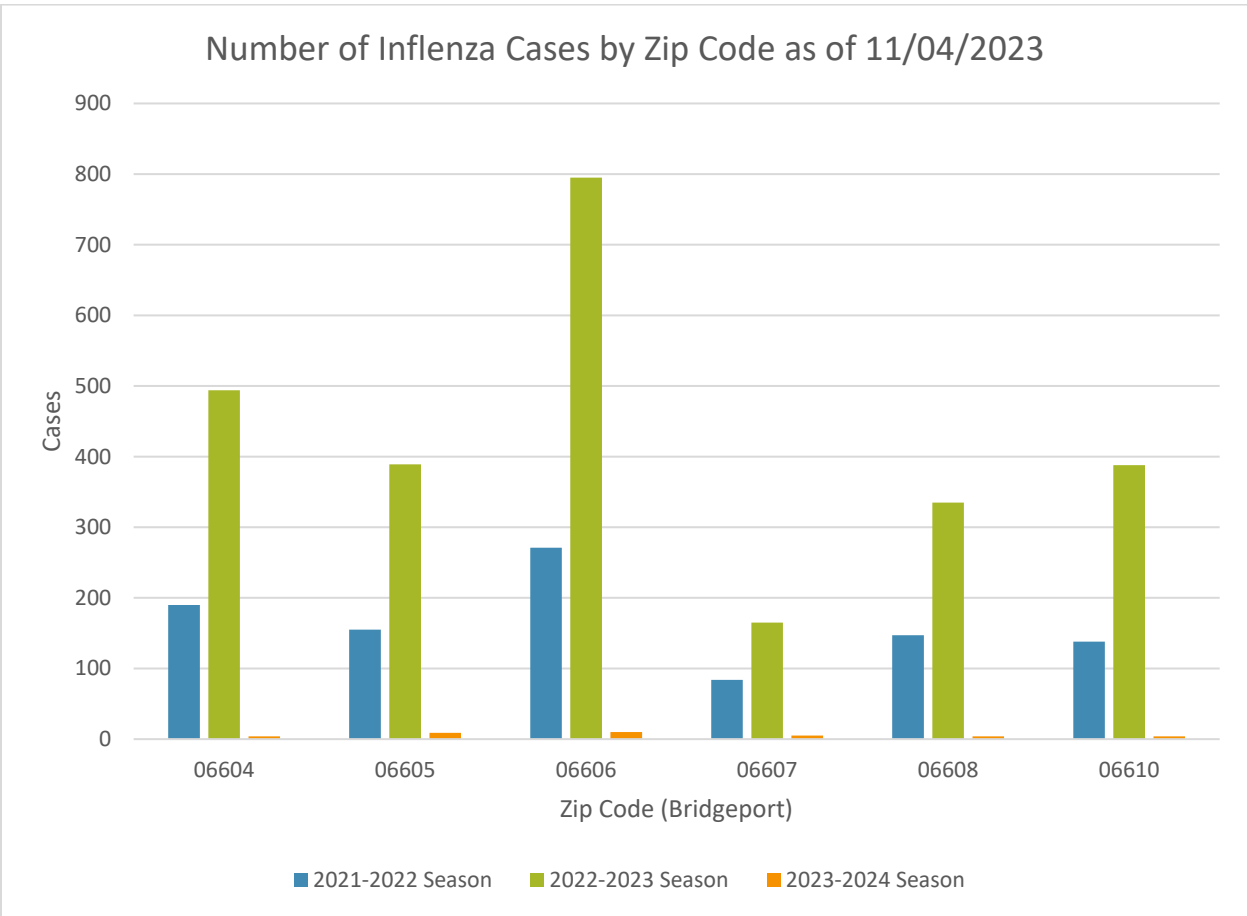
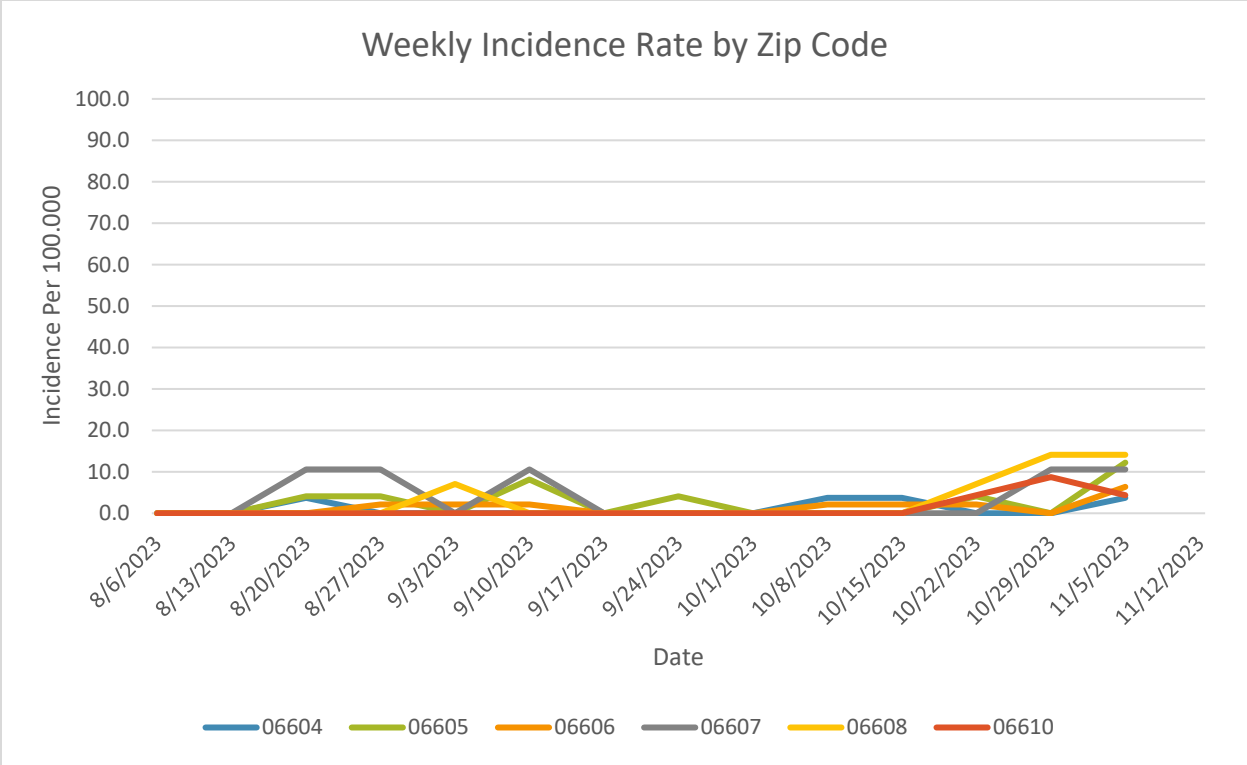
Influenza Weekly Incidence Rate in Bridgeport as of 11/04/2023

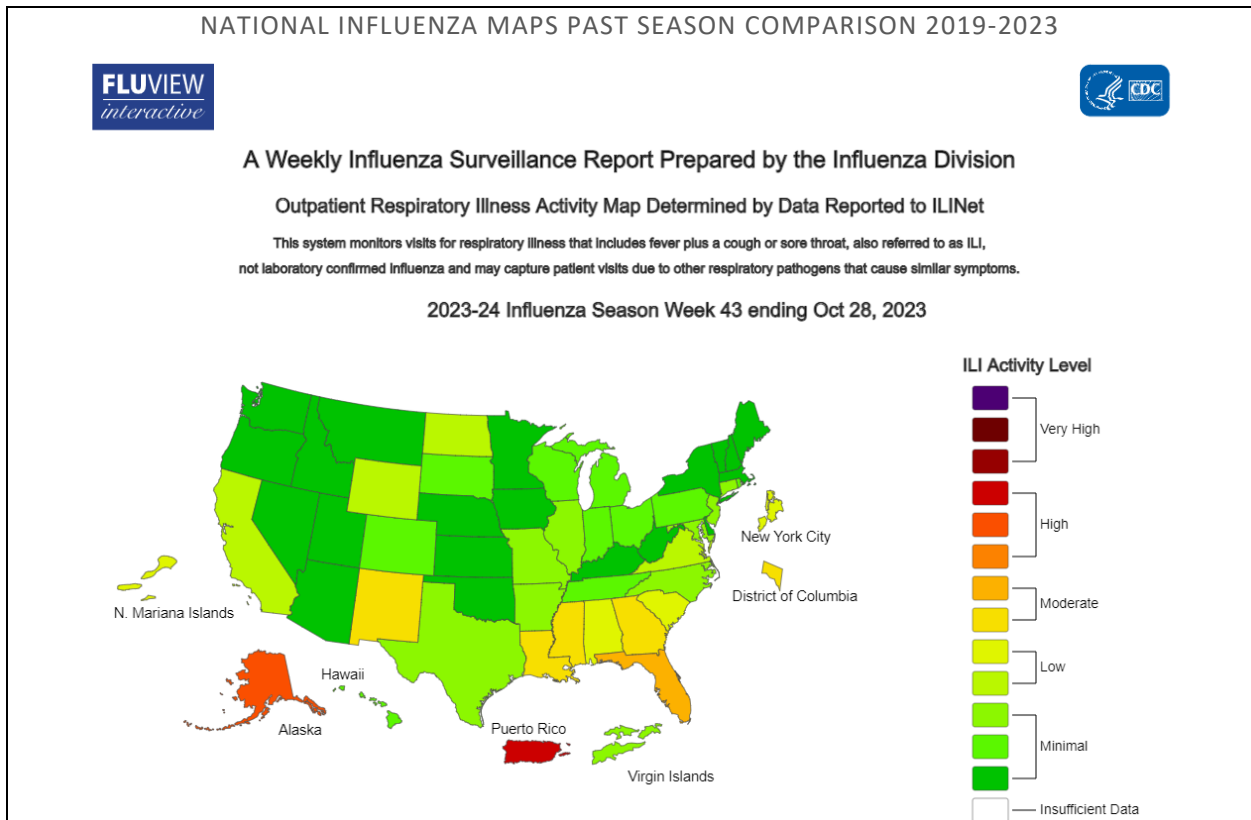
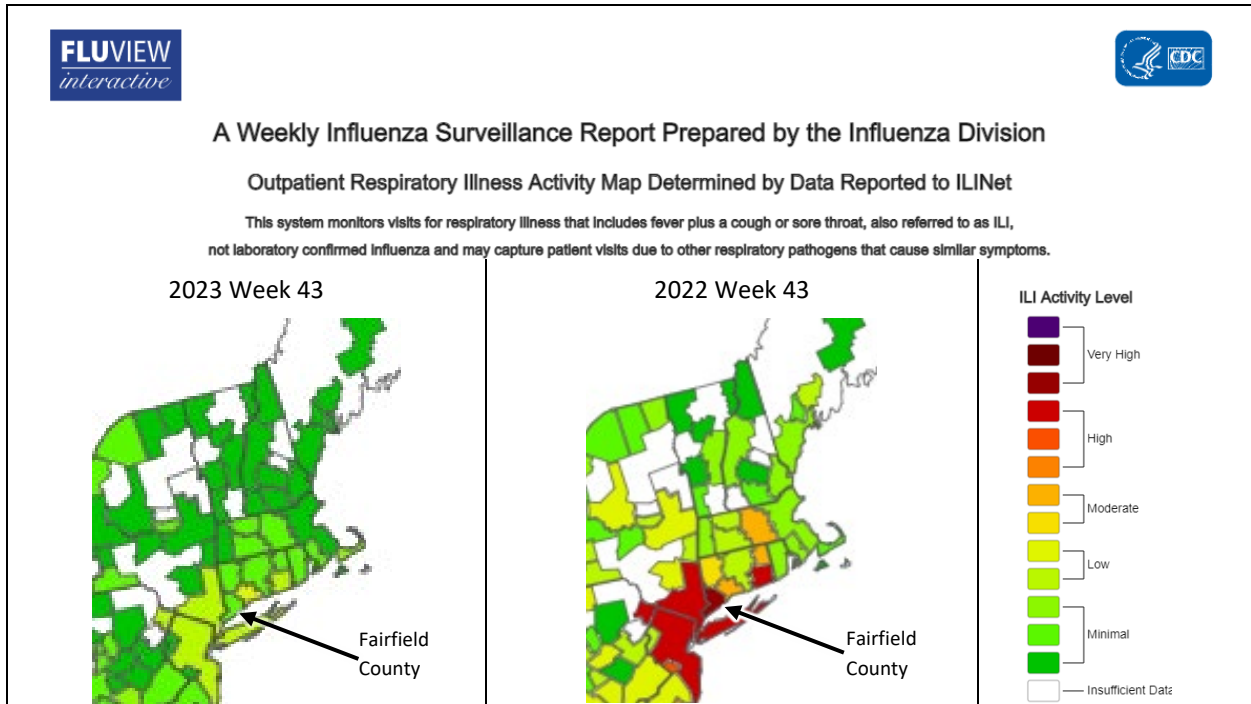


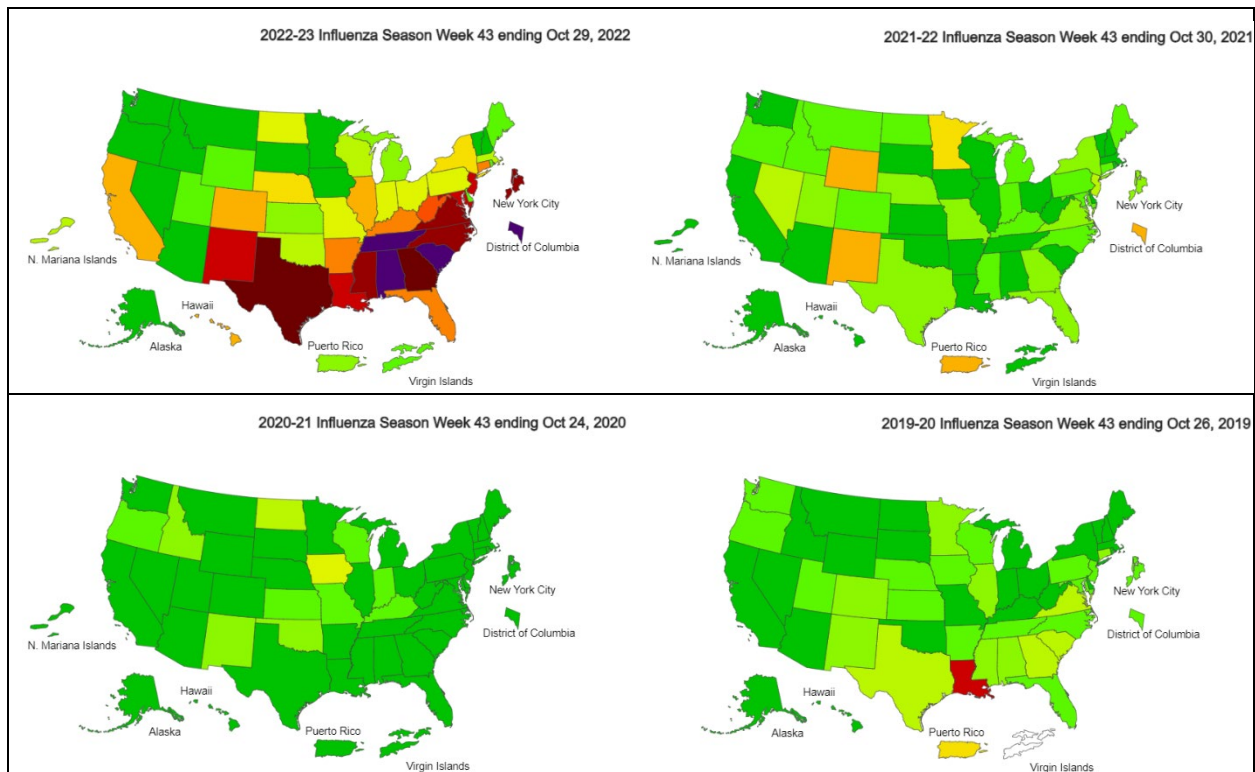
Influenza Monthly Incidence Rate per 100,000 by Zip Code as of 11/04/2023

— 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

10 new cases of influenza were reported this week, double the number from the previous week. October had a total of 15 laboratory confirmed cases of influenza, which is much lower than the 81 cases in October 2022, but higher than the 0 cases seen in October 2021. None of the new cases this week were in <5 year olds, but that age group remains the dominant group for influenza illness to date this year. The majority of cases this week were in 5-15 year olds and 45-65 year olds. The incidence rate per 100,000 is trending upward this week, compared to previous weeks, but remains well below the levels seen last year. This is also true for the incidence rate by zip code within Bridgeport and we will see if that trend continues over the next few weeks as we get further into flu season.

Fairfield County is holding steady at minimal levels of Influenza Like Illness (ILI) activity this week, and the surrounding counties are at either low or minimal levels of ILI activity. At this time last year, Fairfield County was at very high levels of ILI activity, as was the New York Metropolitan Region (NYMR). The low level of ILI activity in the NYMR this week is a welcome difference from last year.

Nationally, ILI activity continues to rise in the Southeastern US, following the expected seasonal trend of higher activity levels starting in the Southeast and radiating North through the US. 2 states/regions (Puerto Rico and Alaska) are reporting high levels of ILI activity and 6 (Florida, New Mexico, Louisiana, Mississippi, Georgia, and

D.C.) are reporting moderate levels of ILI activity. The remaining states/regions are all at low or minimal levels of ILI activity. We are seeing a much more typical start to the flu season this year, which is a relief after the “triple-demic” experienced at the end of 2022. Overall, it is difficult to draw comparisons to the past handful of years due to the impact the COVID-19 pandemic had on masking, hand hygiene, and travel, but we are hopeful that this year will follow the flu season trends of pre-covid times.

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](#)