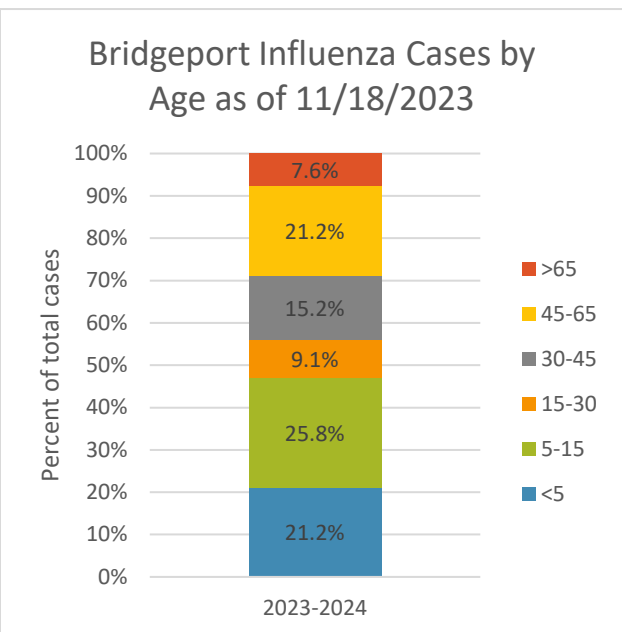
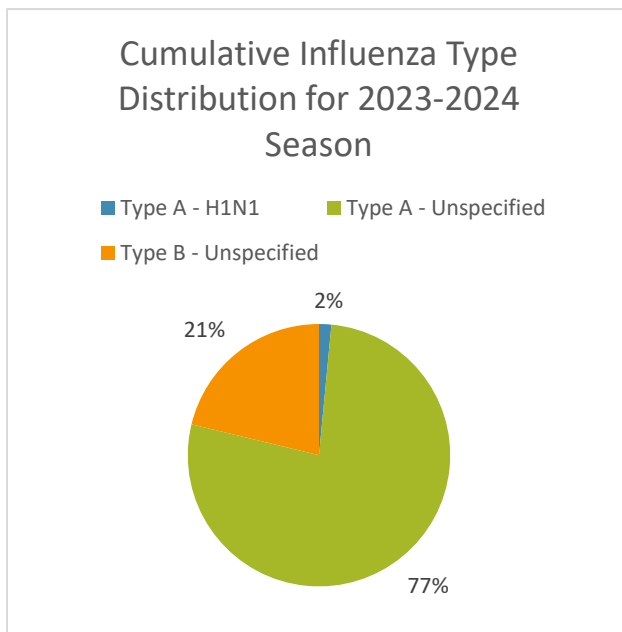
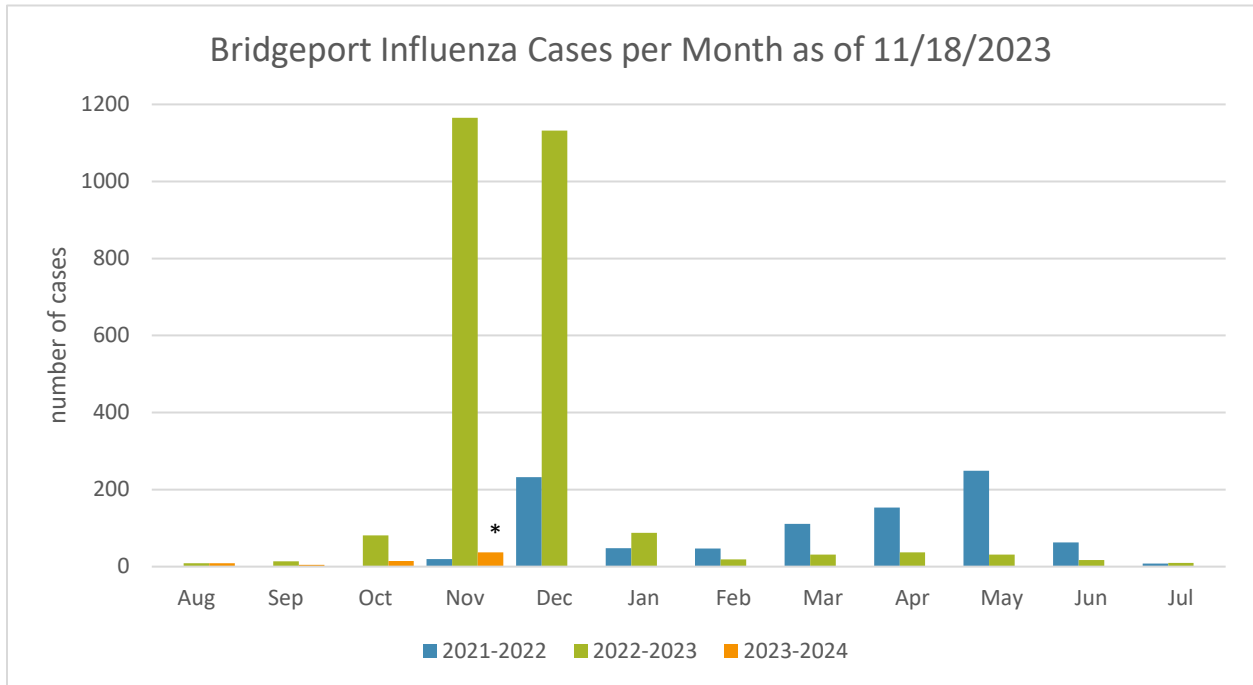


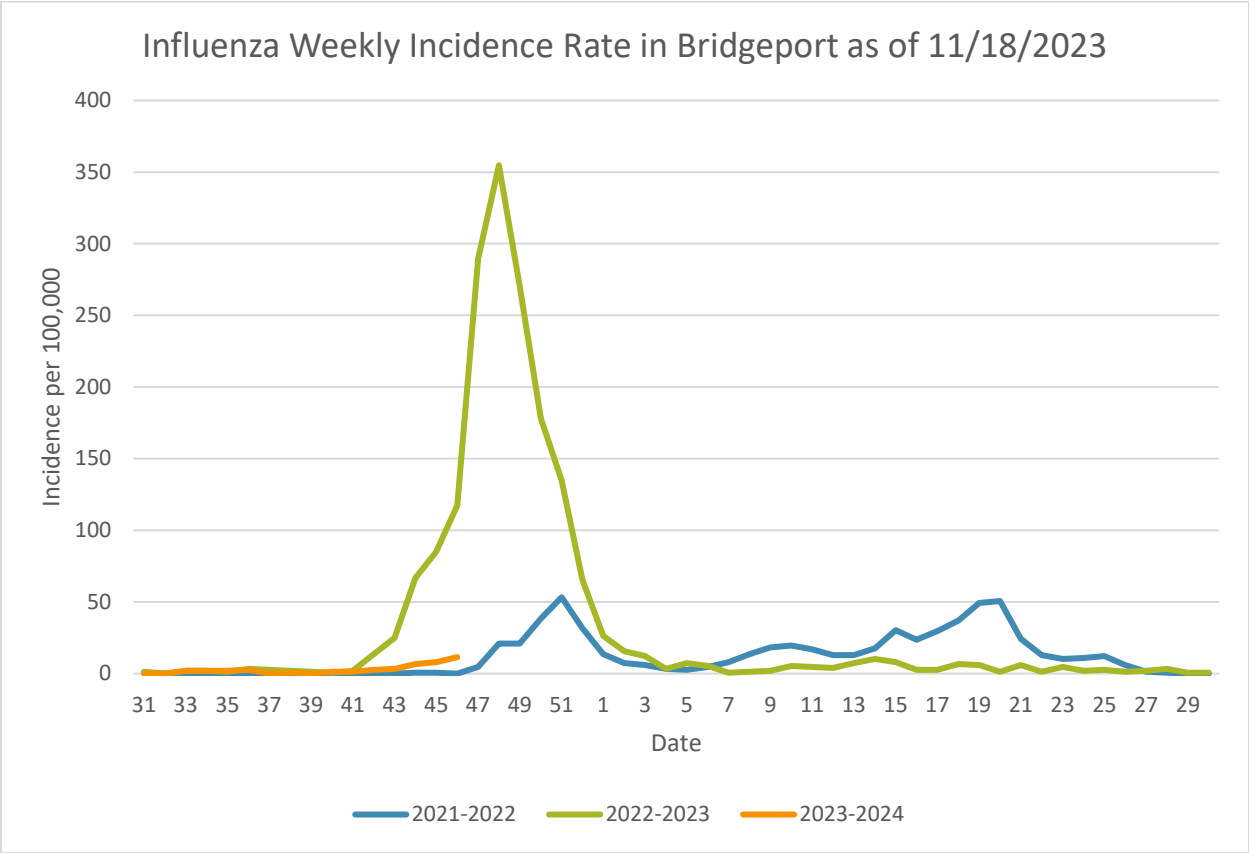
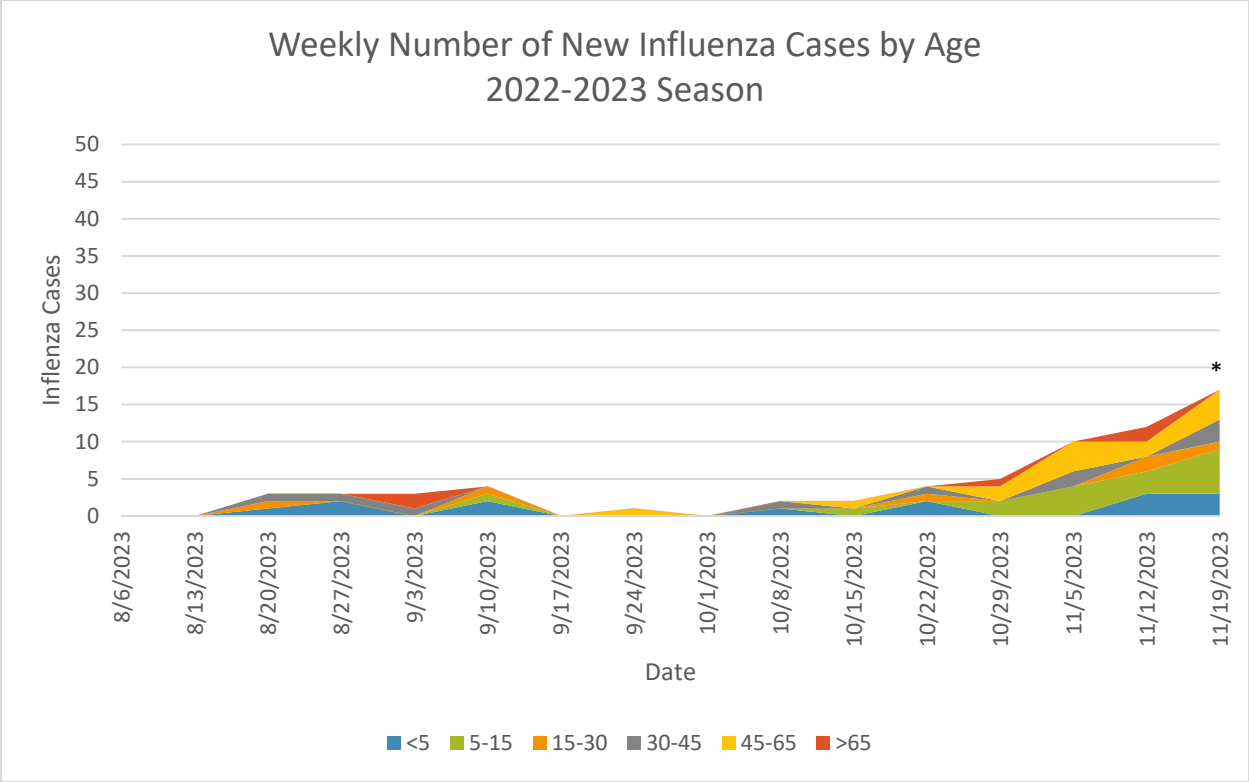


# INFLUENZA EPI REPORT: 2022-2023

WEEK 46 – NOVEMBER 18, 2023

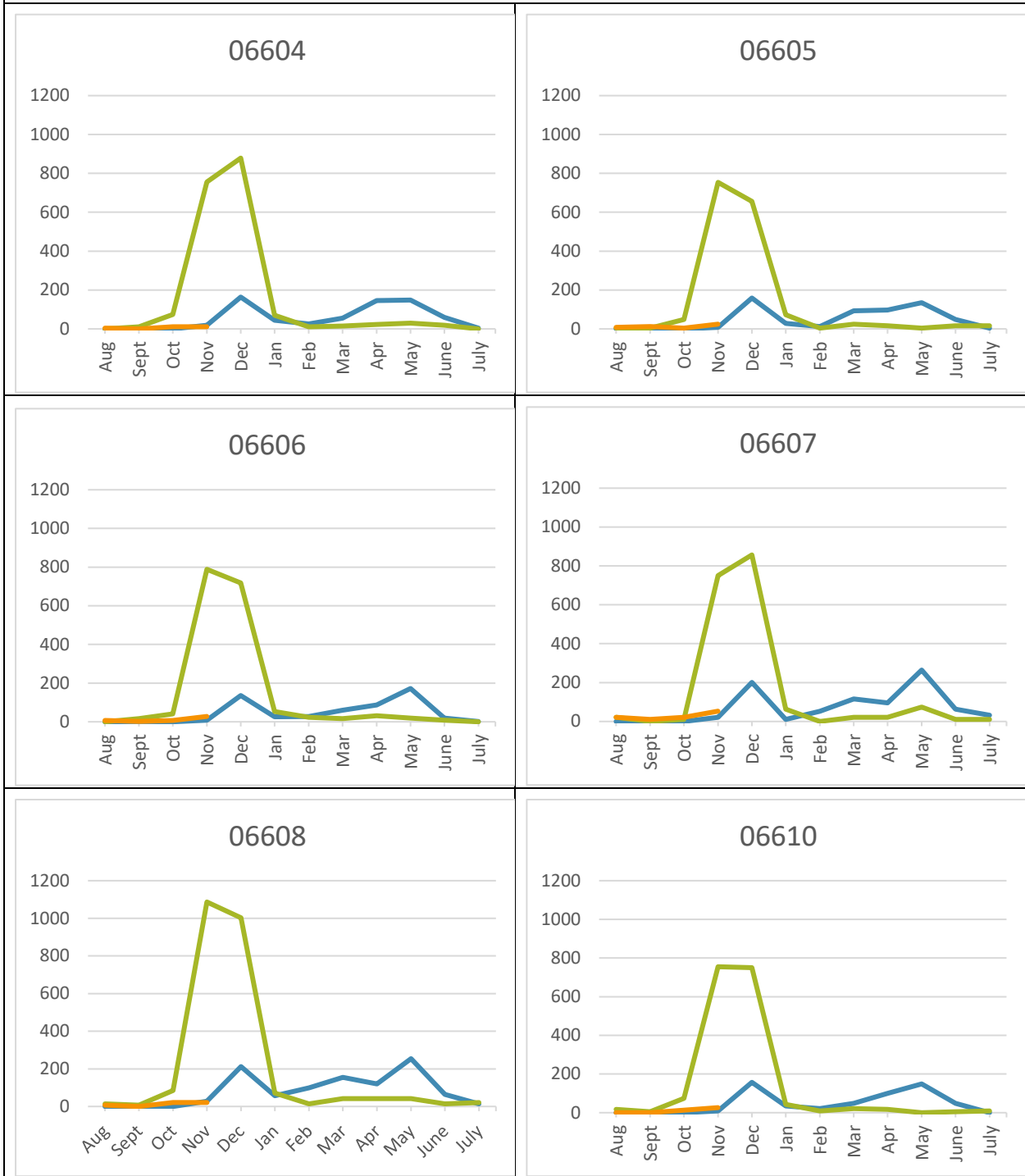
## BRIDGEPORT – CASES REPORTED THROUGH NOVEMBER 18, 2023

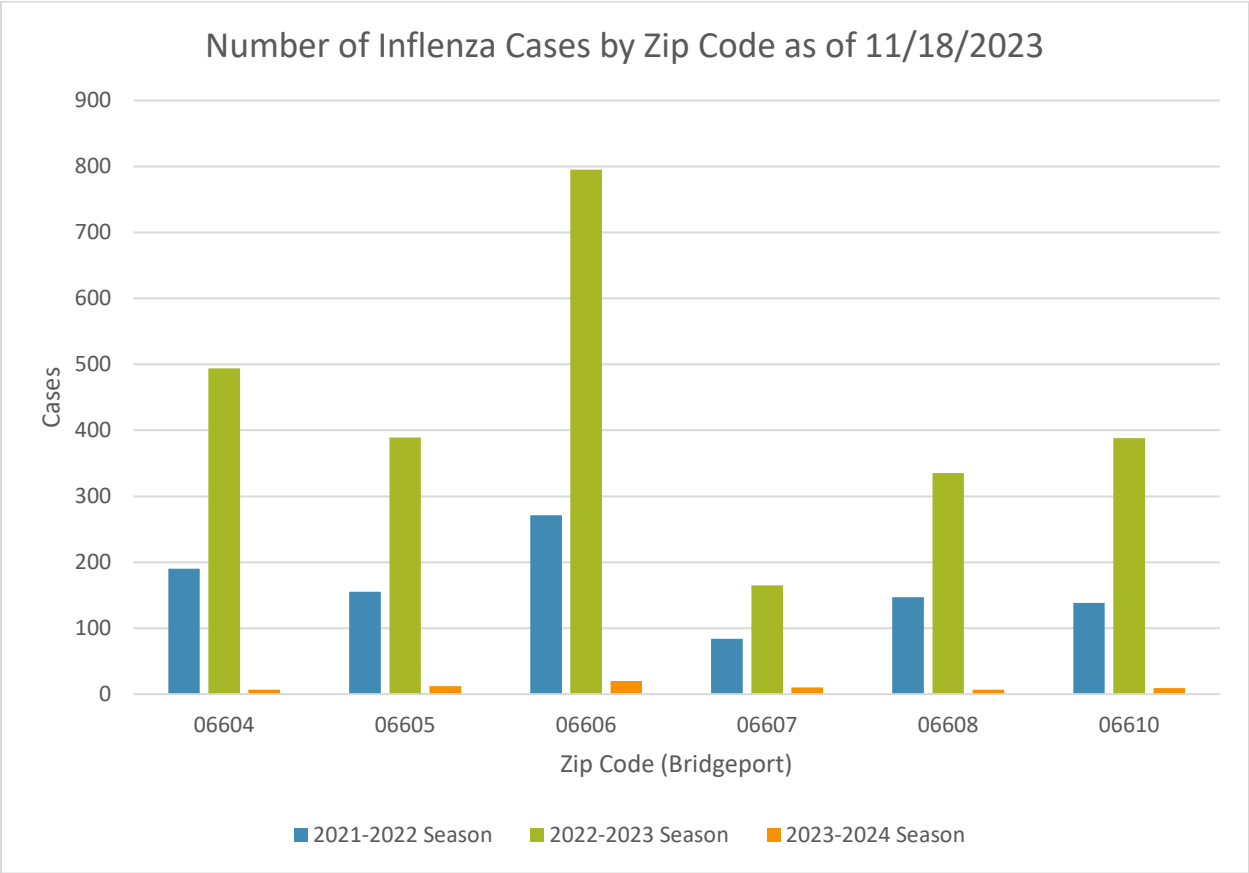
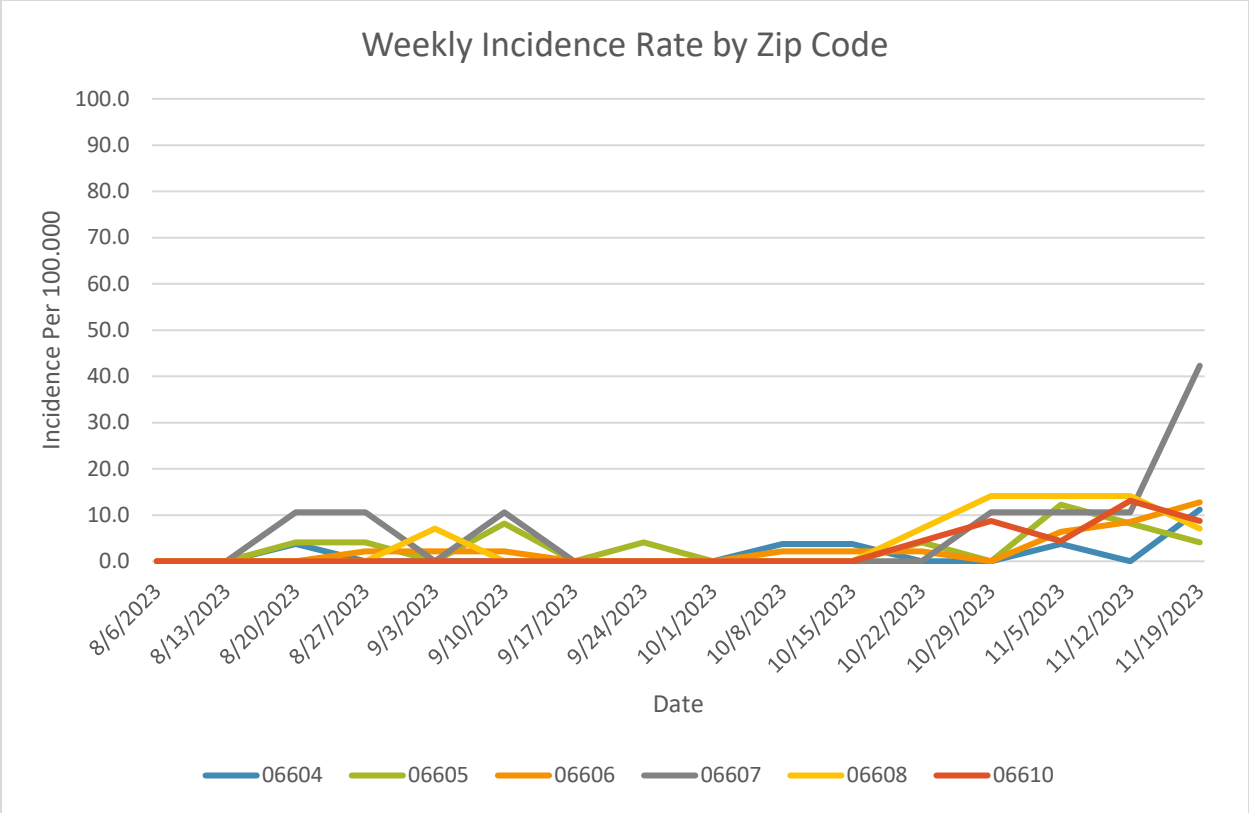


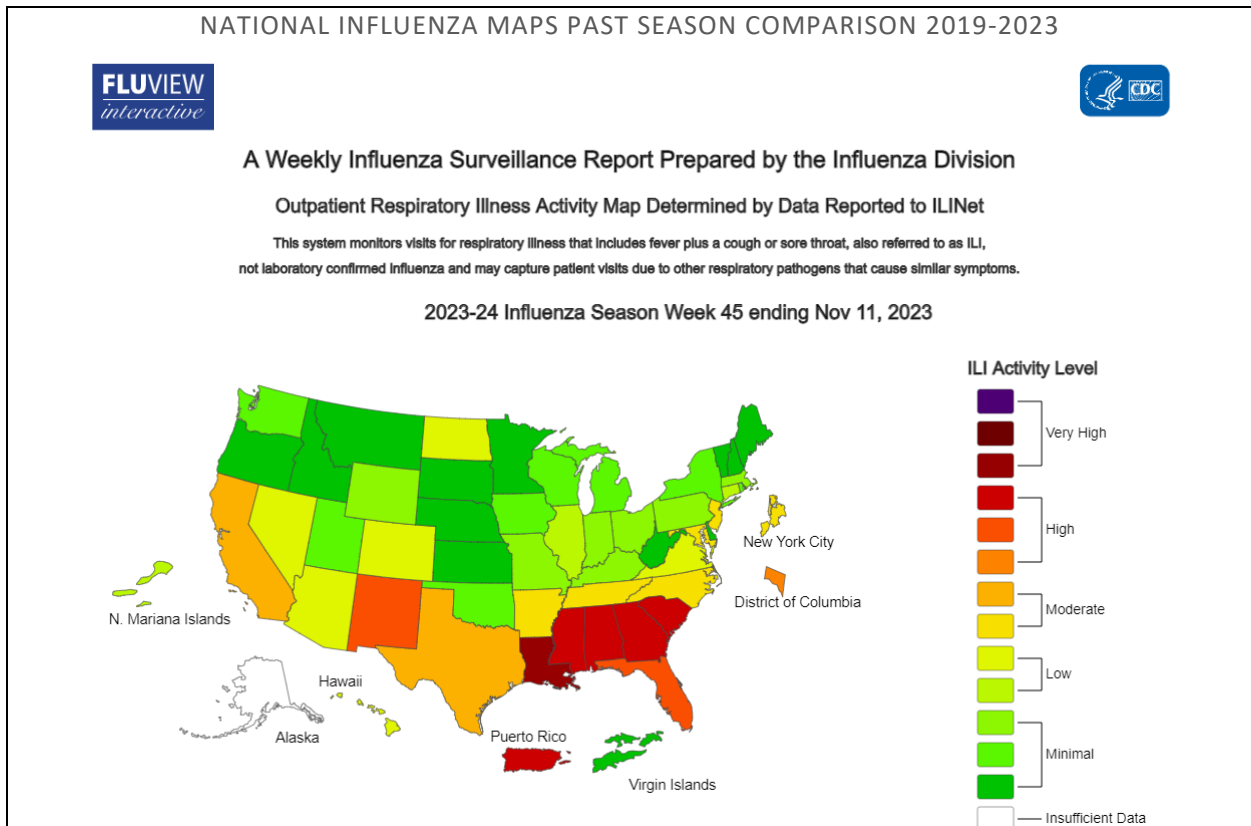
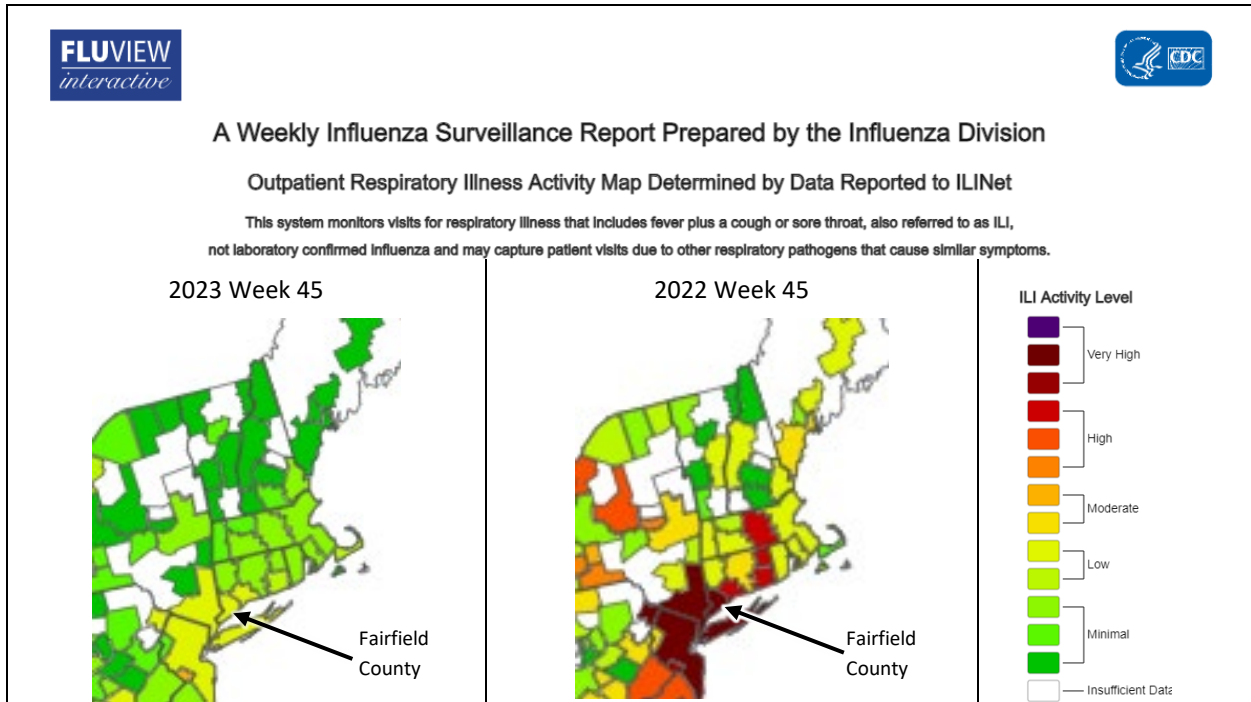


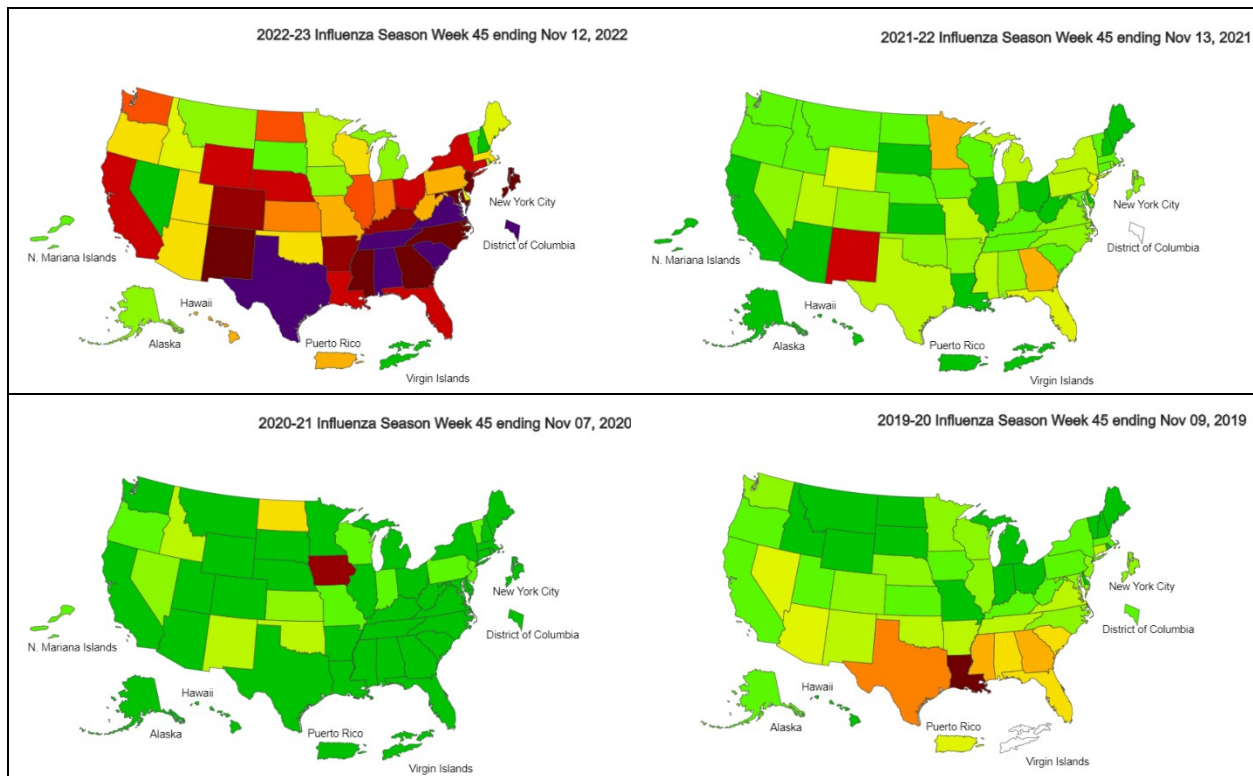
# Influenza Monthly Incidence Rate per 100,000 by Zip Code as of 11/18/2023

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

Influenza cases continue to increase at a steady rate through the month of November in Bridgeport, with 17 new cases for the week ending on November 18<sup>th</sup>. This slow and steady rate of increase during the late fall is similar to what is expected in a “normal” flu season. Additionally, this slow increase is more manageable for healthcare providers and hospitals to contend with, in contrast to what was seen last year. Influenza virus type A is the dominant virus, but due to the lack of viral subtyping being done at laboratories we are unable to determine which specific subtype is causing the majority of infections. 46% of the influenza cases are in children under 15 years of age indicating that flu is spreading in schools, but not exclusively at schools. The weekly incidence rate is also increasing, as expected, to 11.6 per 100,000 population which is higher than the 0 per 100,000 population seen in 2021 at this time. When compared by zip code, 06607 had an increase in the incidence of influenza this week, but the monthly incidence rate for all zip codes remains very low despite this small increase.

Fairfield County and the surrounding areas continue to report low and minimal levels of Influenza Like Illness (ILI) activity this week.

Nationally, there are continued increases in the ILI activity levels seen in the Southeastern US and spreading outward. One state/region is at very high levels of ILI activity (Louisiana) and 8 are at high levels (Alabama,

Georgia, Mississippi, Puerto Rico, South Carolina, New Mexico, Florida, and D.C.). Connecticut is at low levels of ILI activity (as is Massachusetts) and the nearby areas of New York and Rhode Island are at minimal levels. As we approach the upcoming Thanksgiving holiday, it is important to remember to wash your hands, cover your cough, and get your flu shot. Bringing the flu to Thanksgiving dinner is worse than bringing overcooked green bean casserole!

## 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](#)