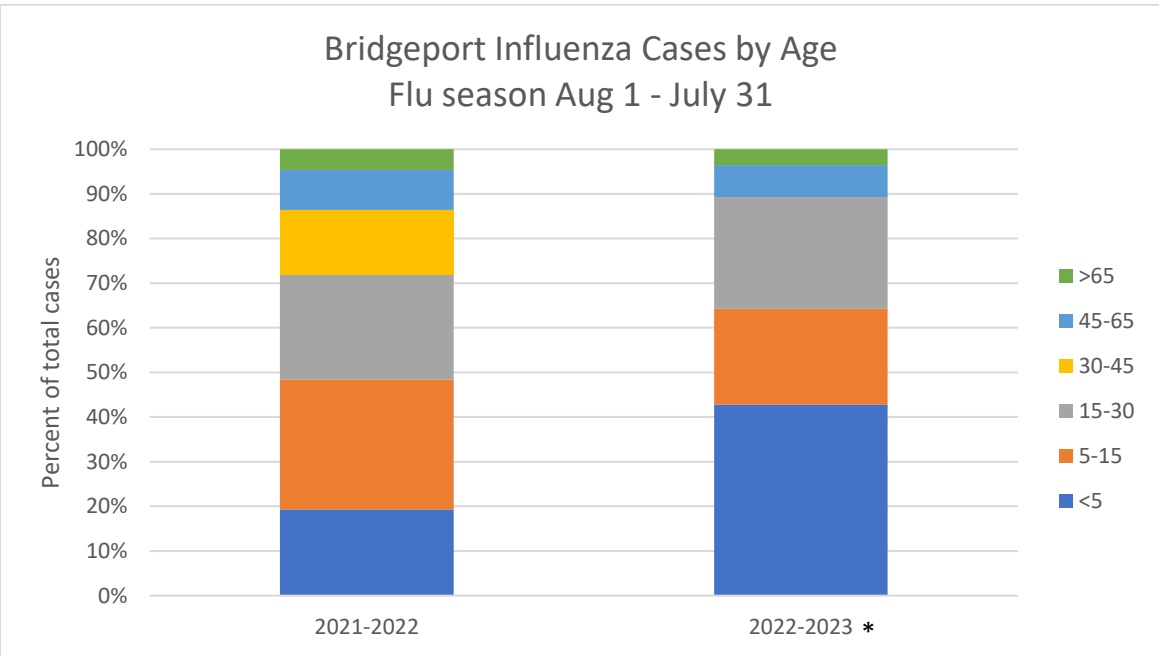
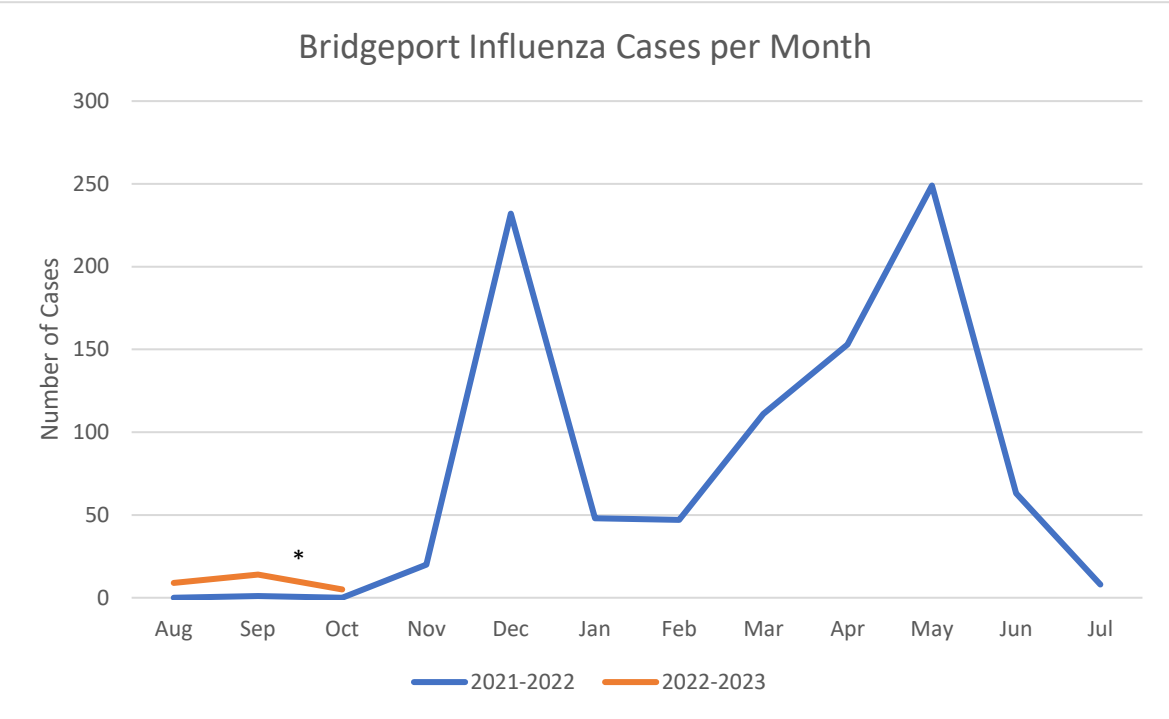


INFLUENZA EPI REPORT: 2022-2023 SEASON

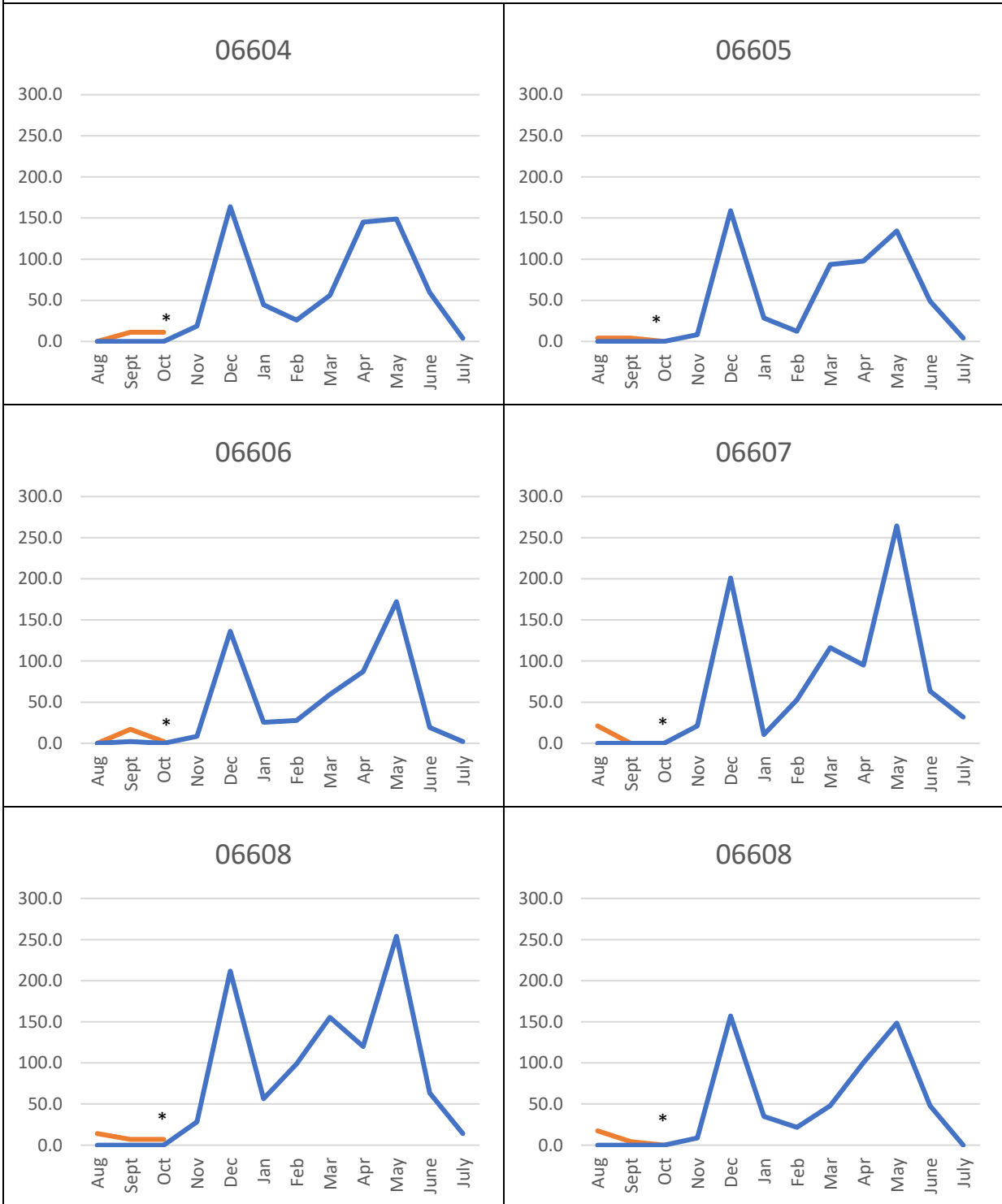
WEEK 39 ENDING OCTOBER 1, 2022

BRIDGEPORT

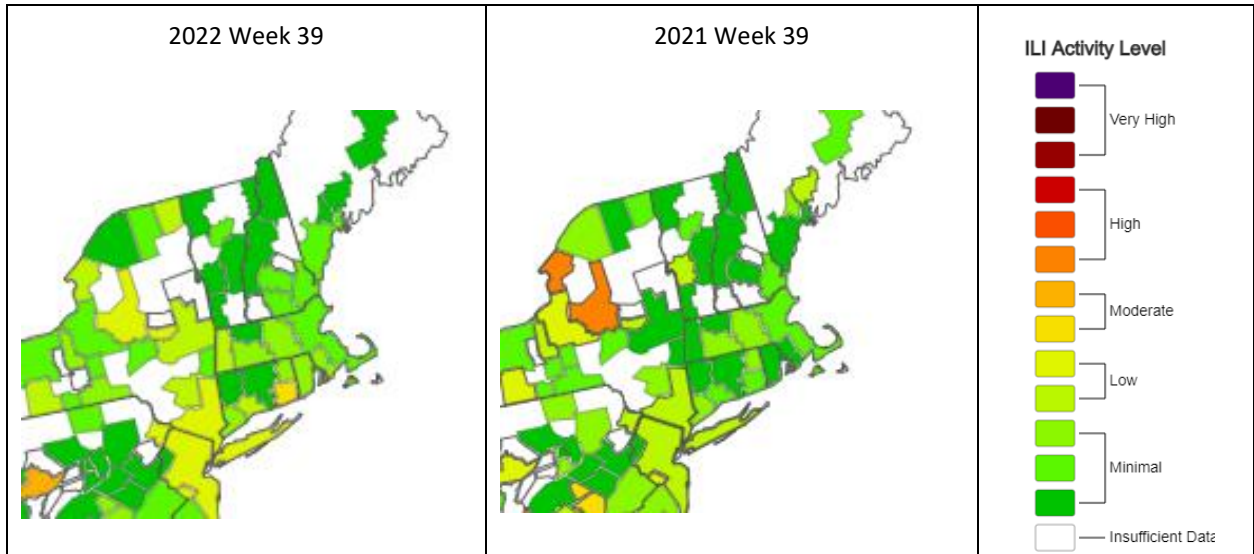
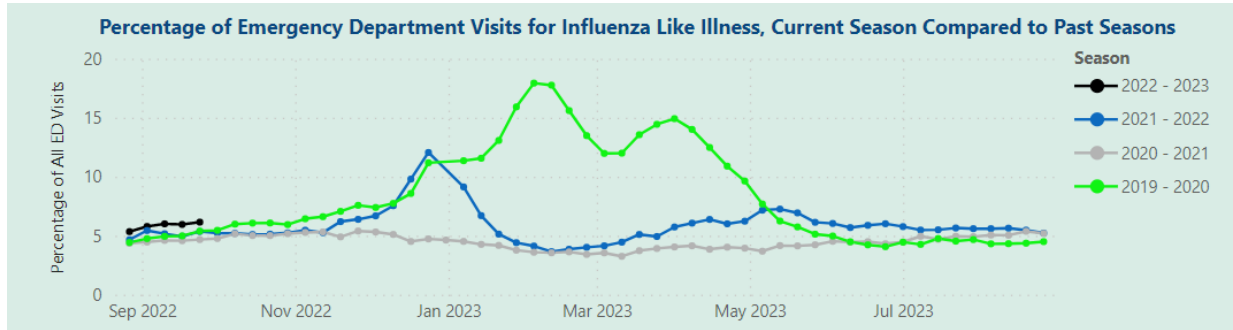


Influenza Incidence Rate per 100,000 by Zip Code

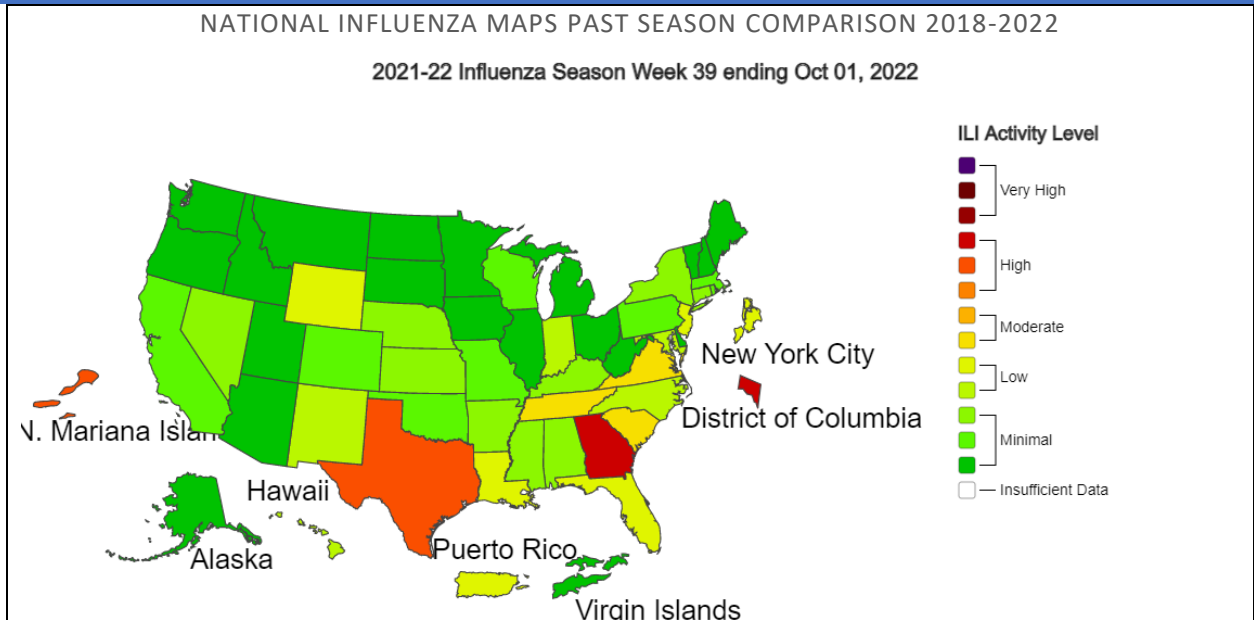
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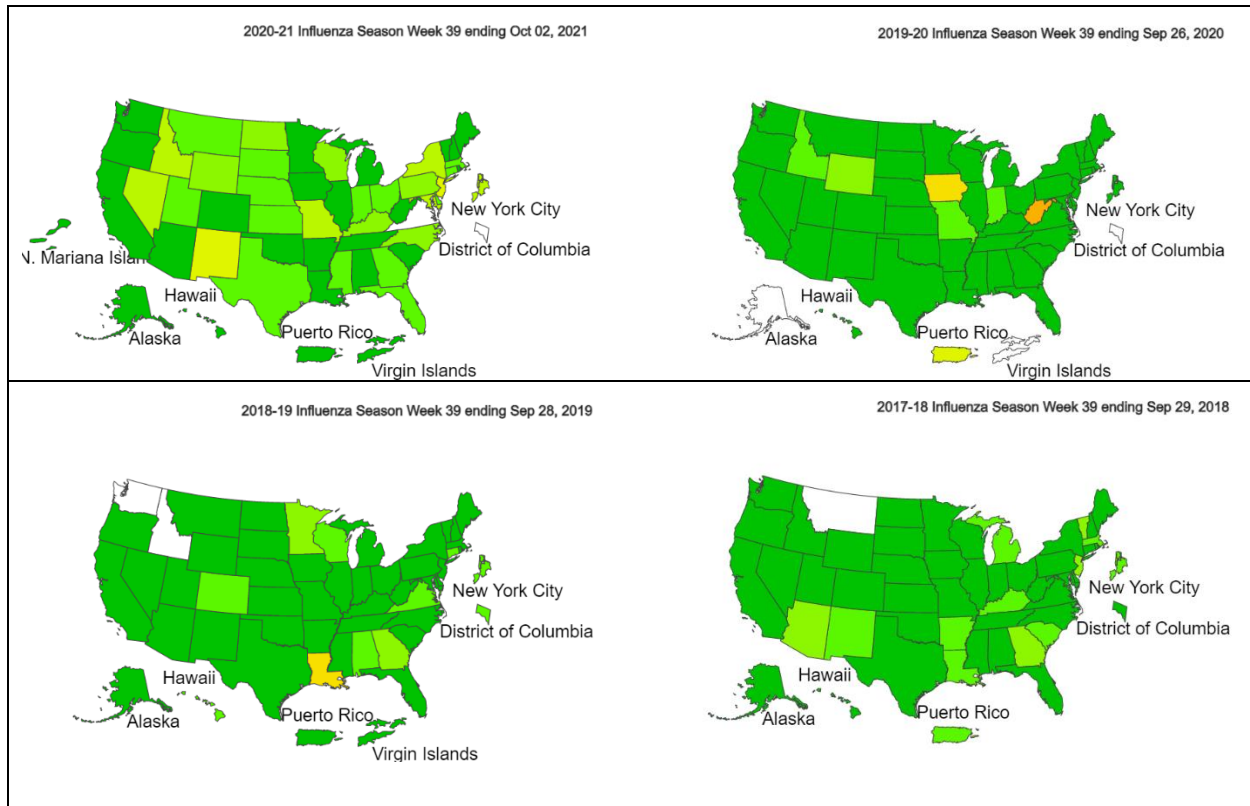


CONNECTICUT



UNITED STATES





SUMMARY

We are entering into the 2022-2023 flu season (October through May) with more initial cases than the previous season in Bridgeport. Flu season starts to ramp up in October-November so now is an essential time to get the flu vaccine prior to the winter peak of flu activity. Currently, the majority of cases are in children under 5 years old, but significant numbers of cases are in individuals 5-30 years old. Last season, a significant number of cases were seen in 5-15 year old, most likely fueled by the close proximity of school classroom settings. Individuals <5 years old and >65 years old are at higher risk for severe flu and flu related complications so extra care should be taken to prevent flu transmission in these age groups. Of the six zip codes in Bridgeport, 06607 and 06608 experienced a higher incidence of flu last season, but all zip codes followed the same pattern of peaks in December and April-May.

Tracking the flu for the state, the 2022-2023 season is starting off at a higher percentage of emergency department visits for influenza like illnesses compared to the previous three seasons. Levels were very low during the 2020-2021 season most likely due to COVID-19 and precautions taken to reduce the spread of that virus. With that in mind, and recognizing that many of the previous precautions are no longer mandated or being practiced widely, we should expect flu cases to return to pre-pandemic levels. Looking at the map of our region by county, Fairfield County is starting flu season with minimal levels of influenza like illness activity, but other adjacent areas (New Haven County and New York City regions) are at higher levels than the same time last year.

Nationally, flu season appears to be starting earlier than previous years. While Connecticut is ranked as having minimal levels of influenza like illness activity, Texas, Georgia, and D.C. already have high levels of activity. Comparing the overall national levels to previous years, there are fewer states entering into flu season at the

minimum level of activity. While only a few states are at moderate or high levels this week, keeping abreast of these changes will be important during the holiday season and especially when traveling this winter. It is important to take precautions to prevent the transmission of flu virus when traveling to and/or from areas with increased levels of flu activity.

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

IS IT THE FLU OR COVID-19?



FLU VACCINE INFORMATION



DATA SOURCES

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