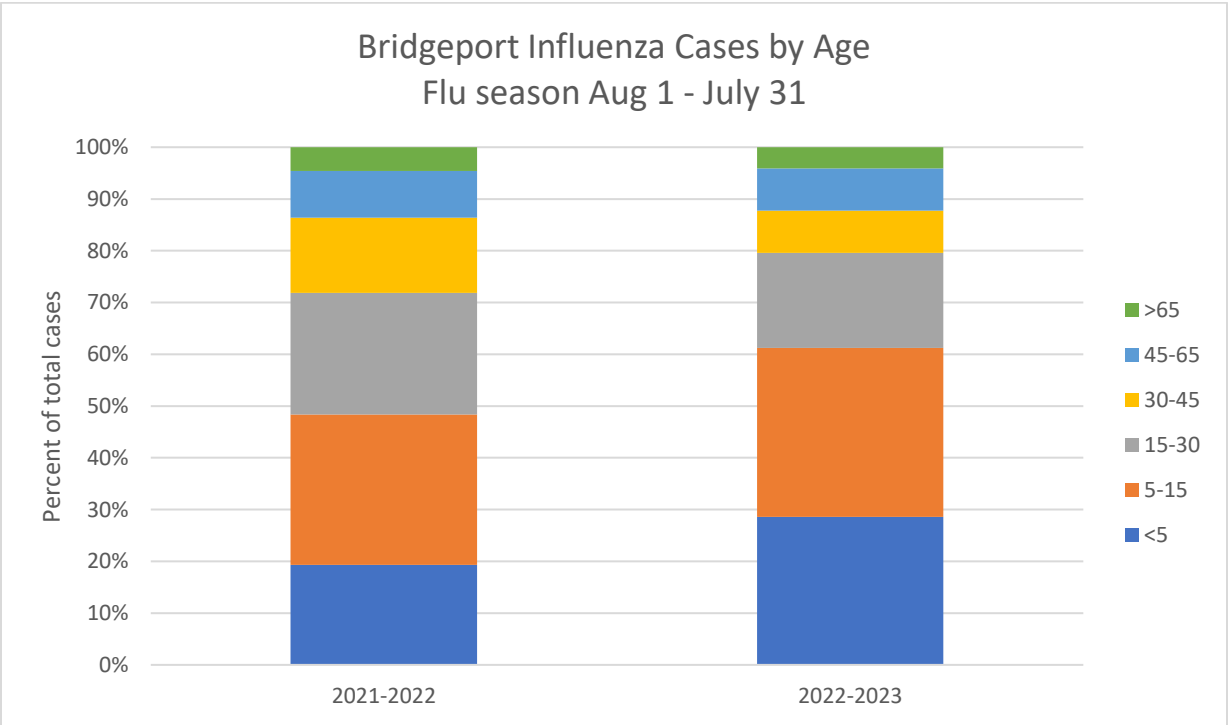
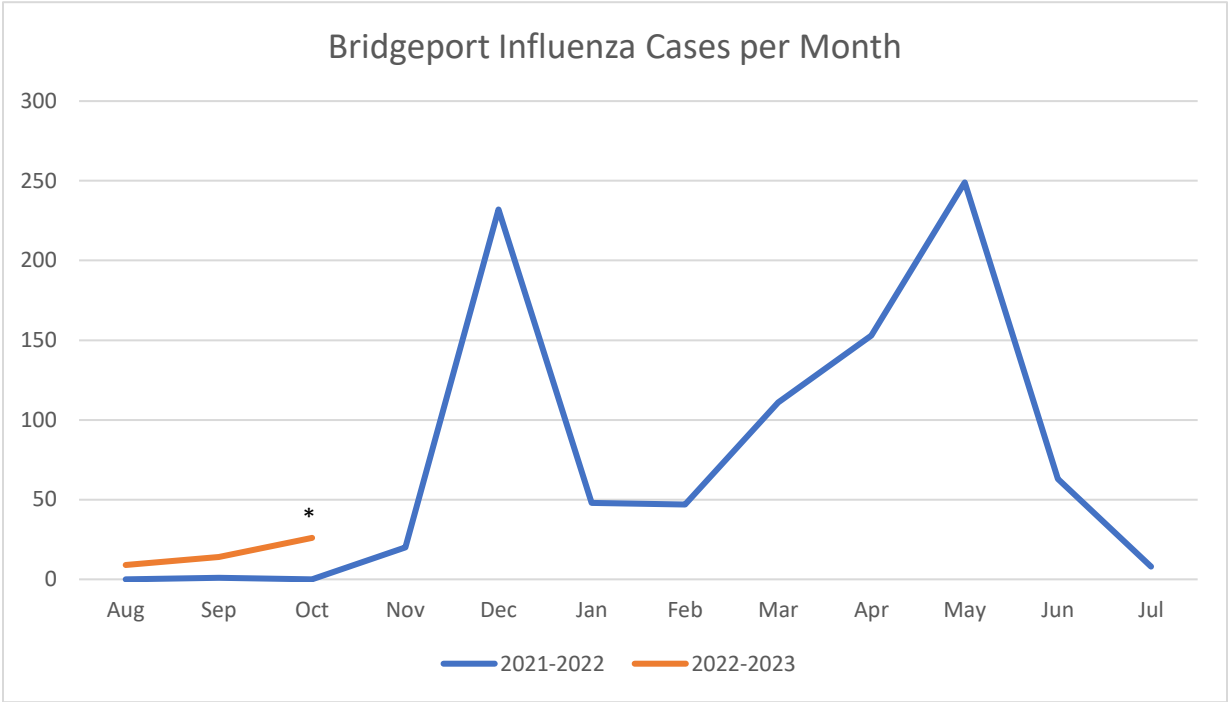


# INFLUENZA EPI REPORT: 2022-2023 SEASON

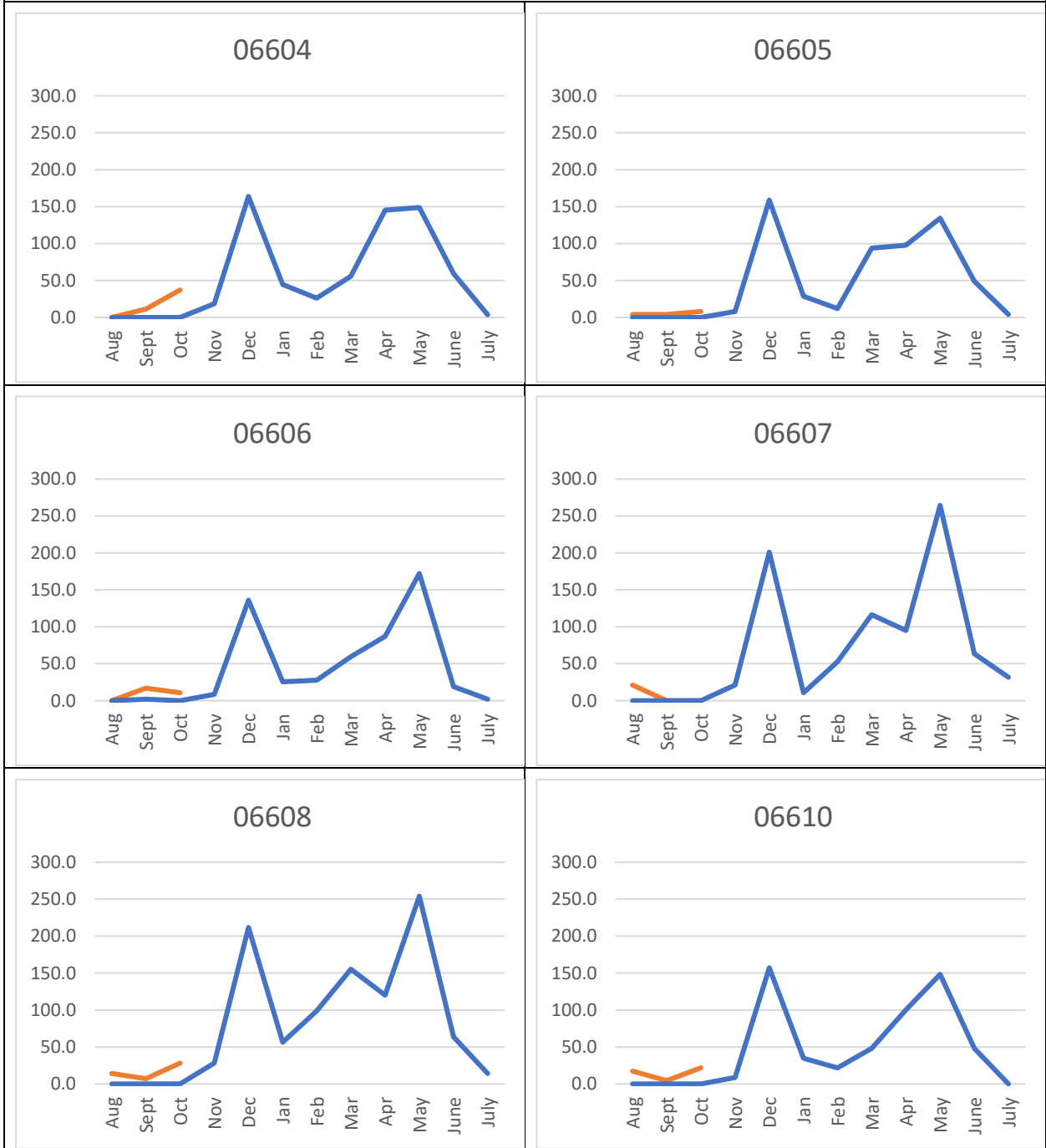
WEEK 42 – ENDING OCTOBER 22, 2022

## BRIDGEPORT – CASES REPORTED THROUGH OCTOBER 22, 2022

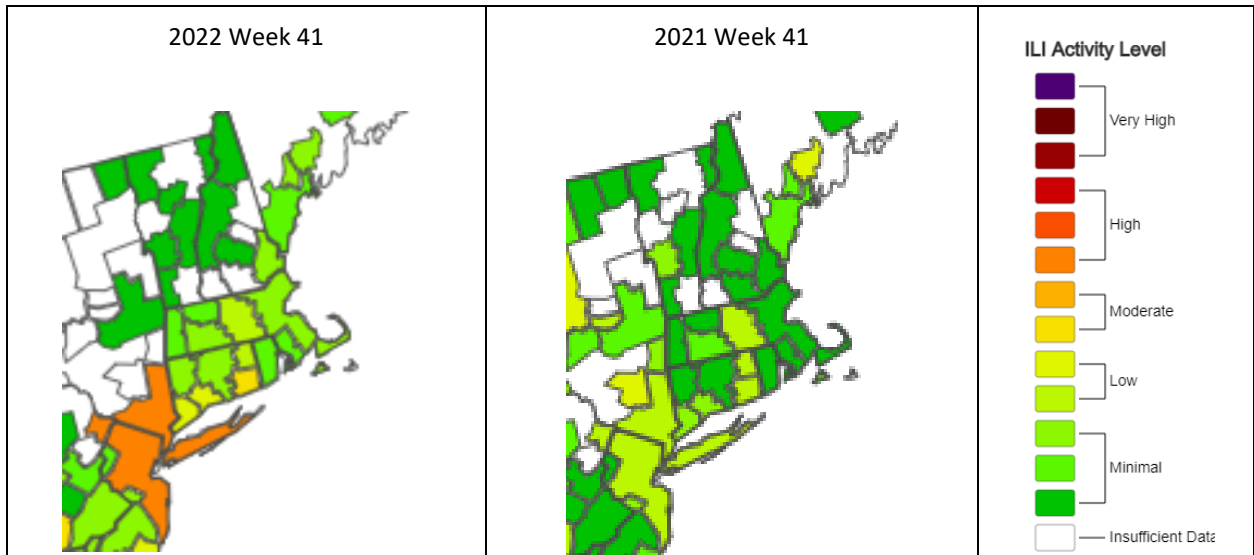
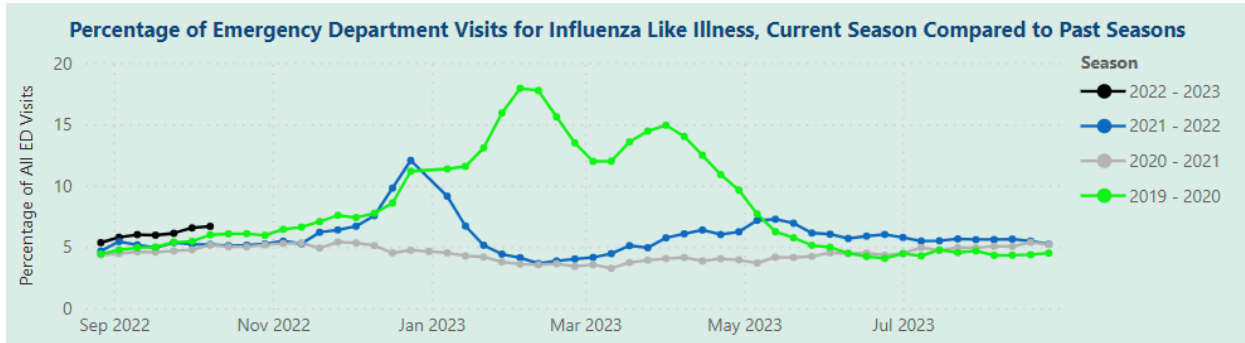


## Influenza Incidence Rate per 100,000 by Zip Code

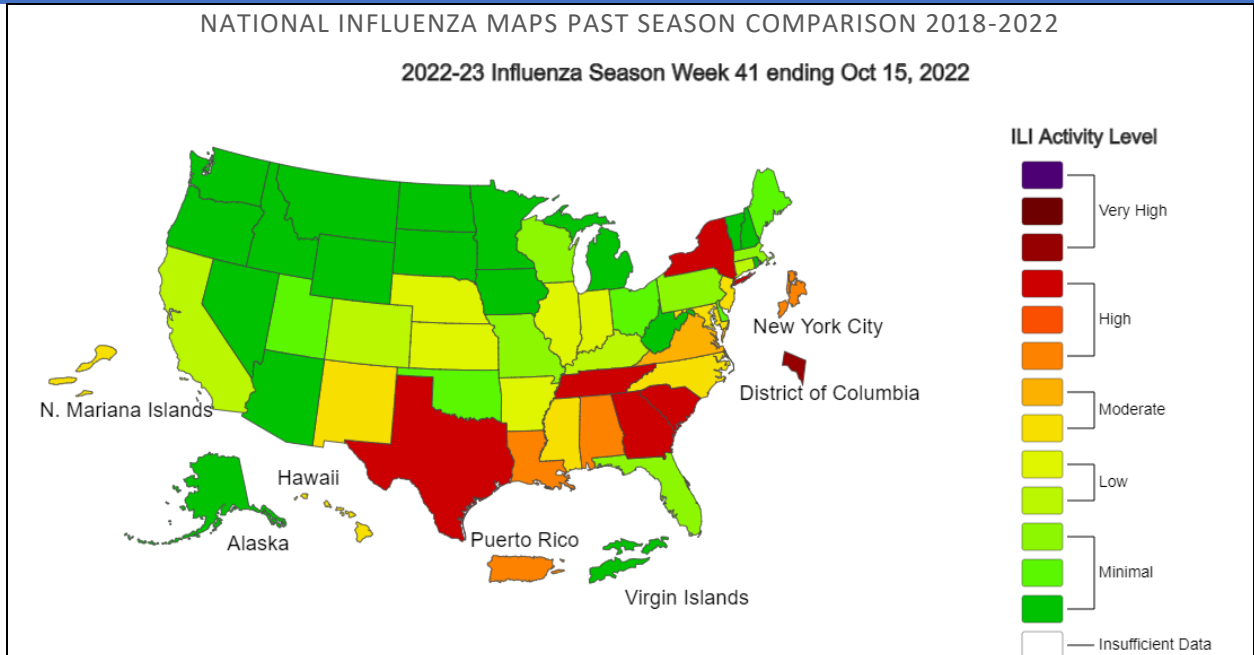
— 2021-2022    — 2022-2023



CONNECTICUT – WEEK 41 ENDING OCTOBER 15, 2022

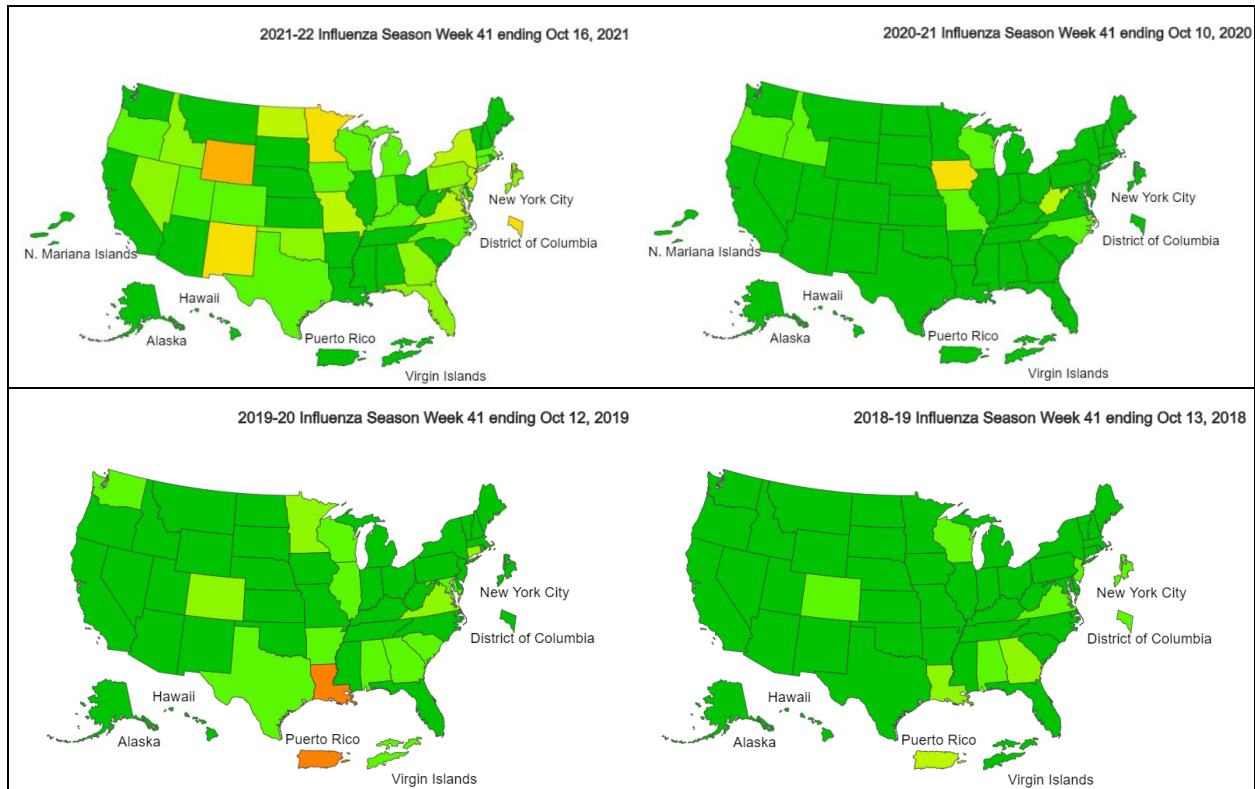


UNITED STATES – WEEK 41 ENDING OCTOBER 15, 2022



Updated October 24, 2022

\*data are incomplete



## SUMMARY

The 2022-2023 flu season is starting off with a higher number of cases in Bridgeport than seen in the previous year. In the first three weeks of October there are more cases of influenza in Bridgeport than there were in October and November of 2021 combined. This indicates that influenza infections are ramping up earlier than in previous years and at a faster rate as well. Cases are being seen more frequently in age groups > 5 years old with the 5-15 years age group having the larger proportion of cases for 2022-2023 so far. New cases were seen in all age groups and the 0-5 and >65 age groups should be watched closely due to their higher risk of severe complications. By zip code, 06604 saw the most dramatic increase in incidence of influenza and 06608 and 06610 showed marked increases as well. 06605 and 06606 had mild increases in flu incidence while 06607 did not have an increase in flu incidence during the past two weeks.

Statewide percentage of emergency department visits for influenza like illness continue to rise and trend higher than were seen in the previous three years. If the percent of ED visits continues to follow the expected trend seen in the 2019-2020 season (the pre-COVID-19 pandemic season) there could be significant burden on the healthcare system. Fairfield County is ranked as low levels of flu activity, as compared to 2021 when it was still ranked as minimal levels of flu activity. Long Island and New York City are already seeing high levels of flu activity, when in the previous year they were seeing low levels at this same time. Due to the close proximity of these areas of high activity we can expect to see an increase in activity in Fairfield County as a result.

Influenza like illness activity in Connecticut has increased from minimal to low levels in the past 2 weeks and more states are seeing significant increases in flu activity early in the season. High levels of activity are now seen in Alabama, Georgia, Louisiana, New York, South Carolina, Tennessee, and Texas while Washington D.C. has reached

very high levels of flu activity. These increased rates are significant as they are dramatically higher than levels seen in the previous five years. In the past two years only a few states had moderate levels of flu activity by this time and none had high levels. Due to the removal of travel restrictions and masking requirements these elevated levels of influenza activity in other states can impact the levels of activity in Connecticut. 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>