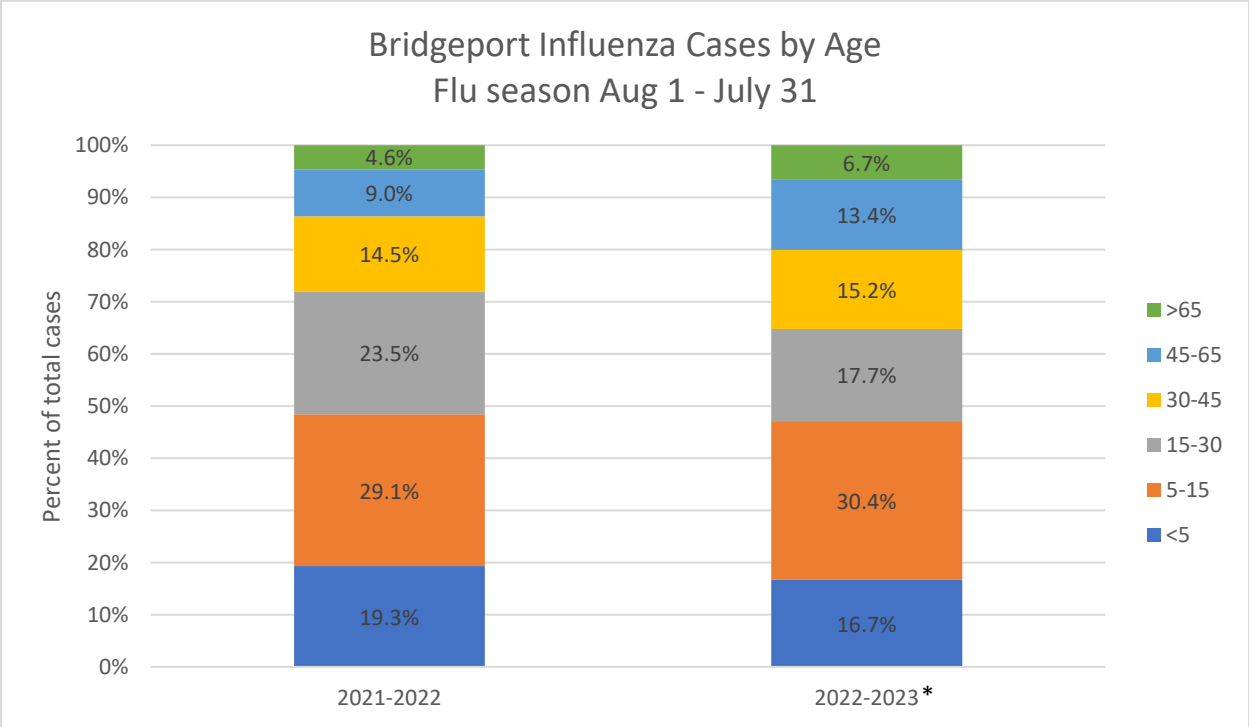
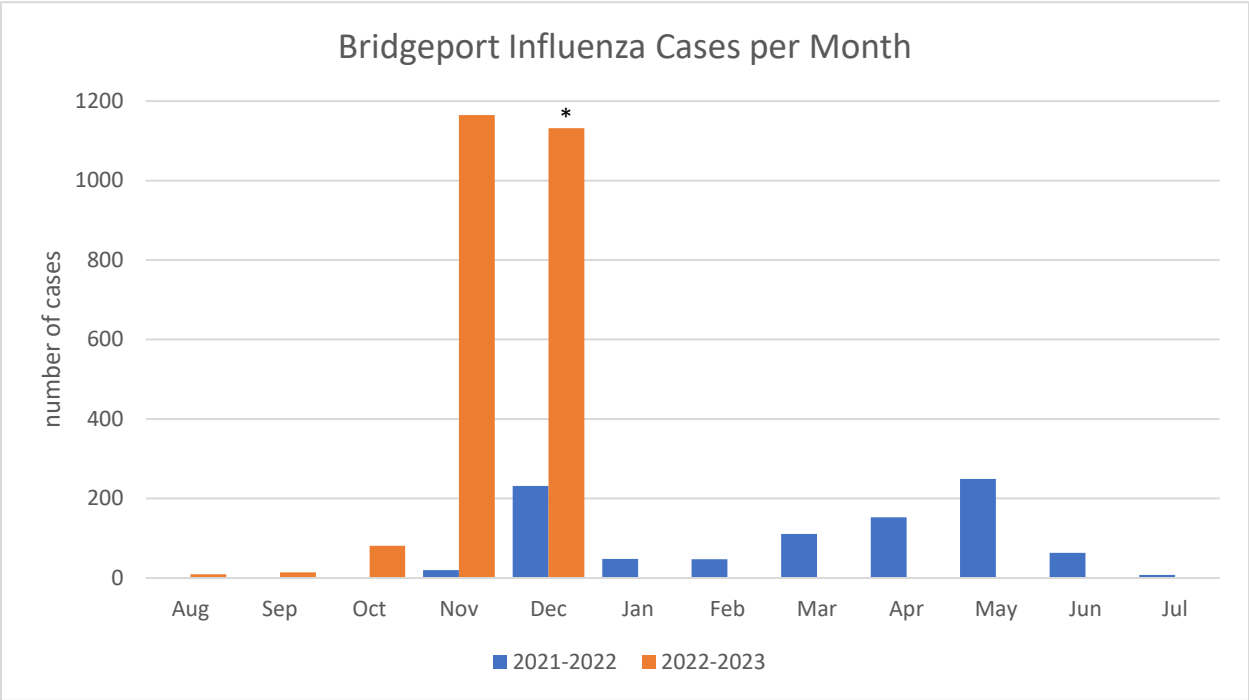


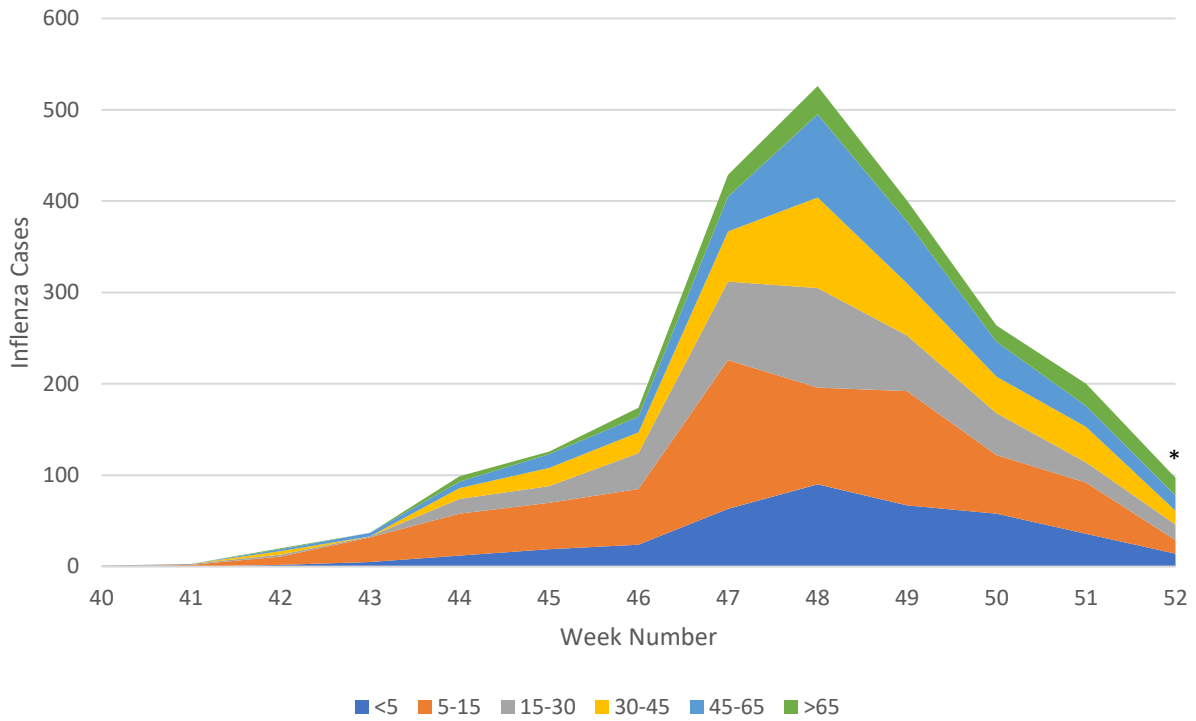
INFLUENZA EPI REPORT: 2022-2023 SEASON

WEEK 52 – ENDING DECEMBER 31, 2022

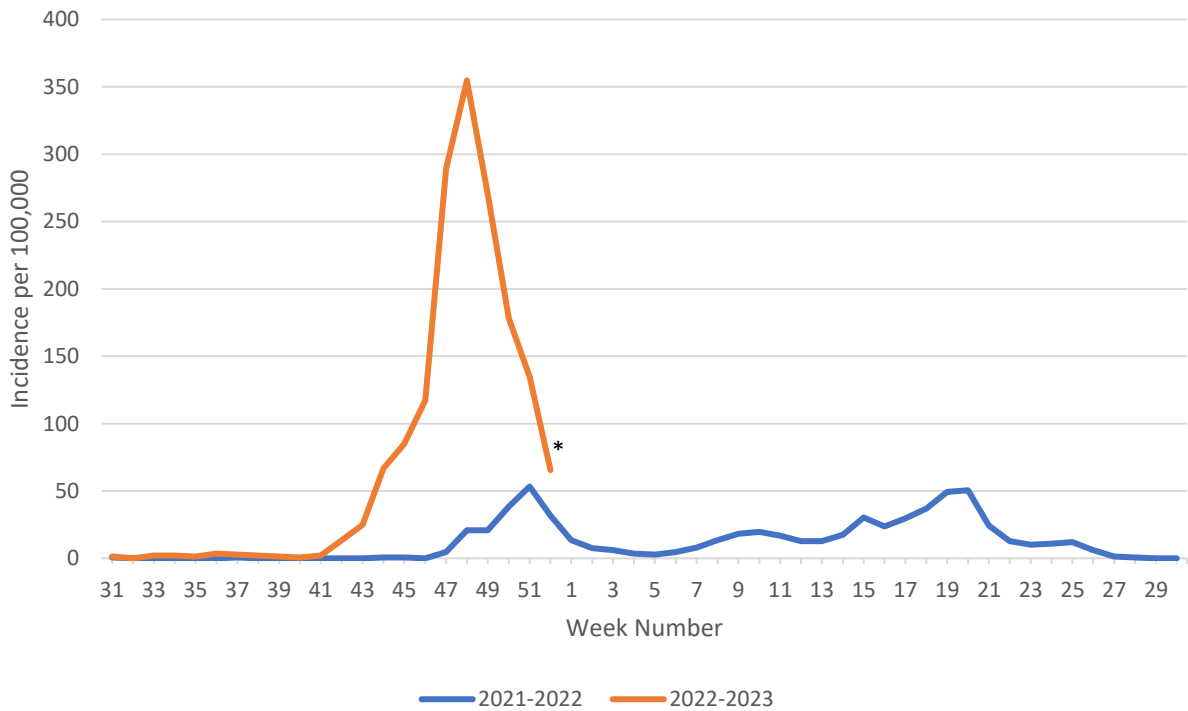
BRIDGEPORT – CASES REPORTED THROUGH DECEMBER 31, 2022



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

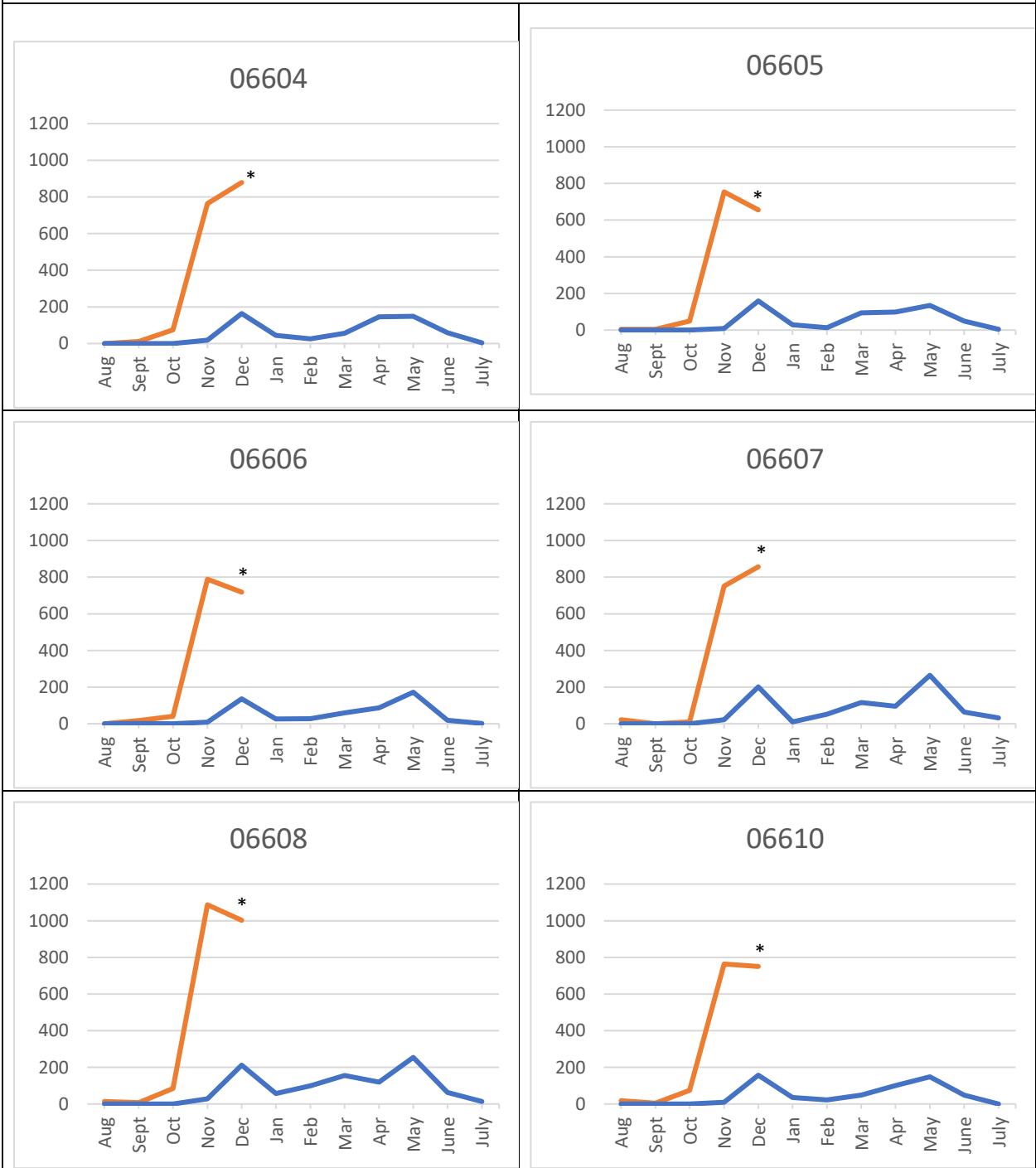


Influenza Weekly Incidence Rate in Bridgeport

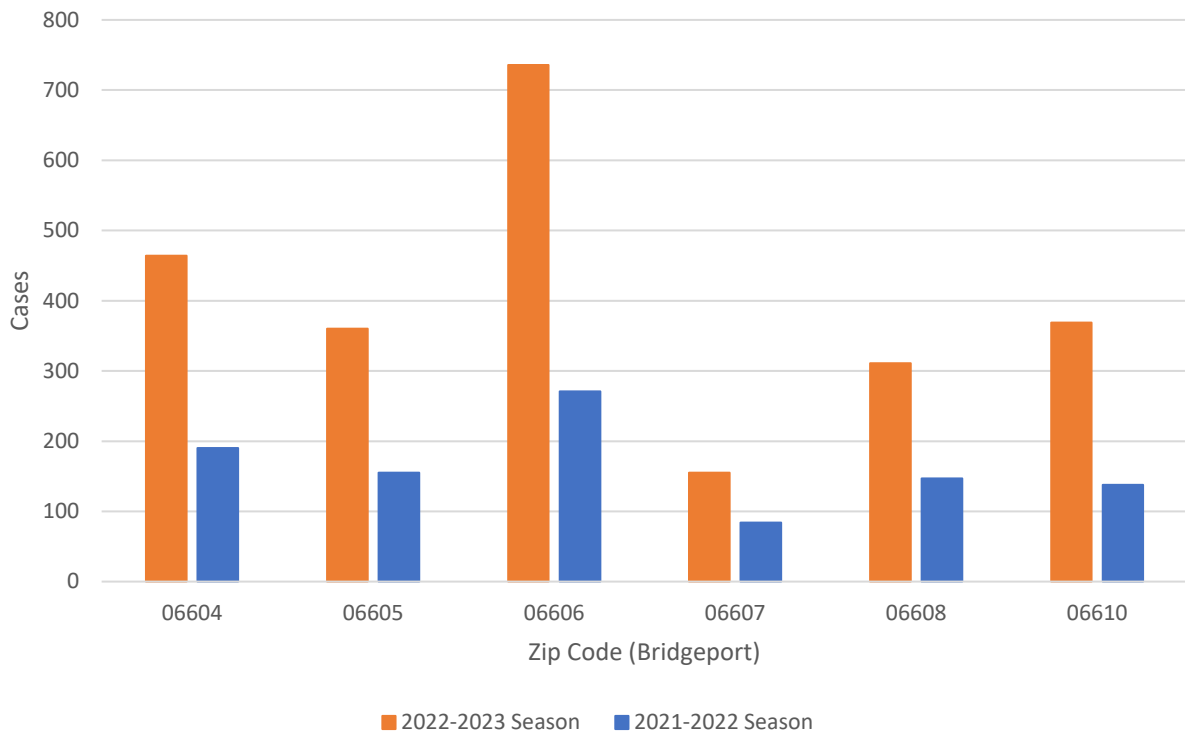


Influenza Monthly Incidence Rate per 100,000 by Zip Code

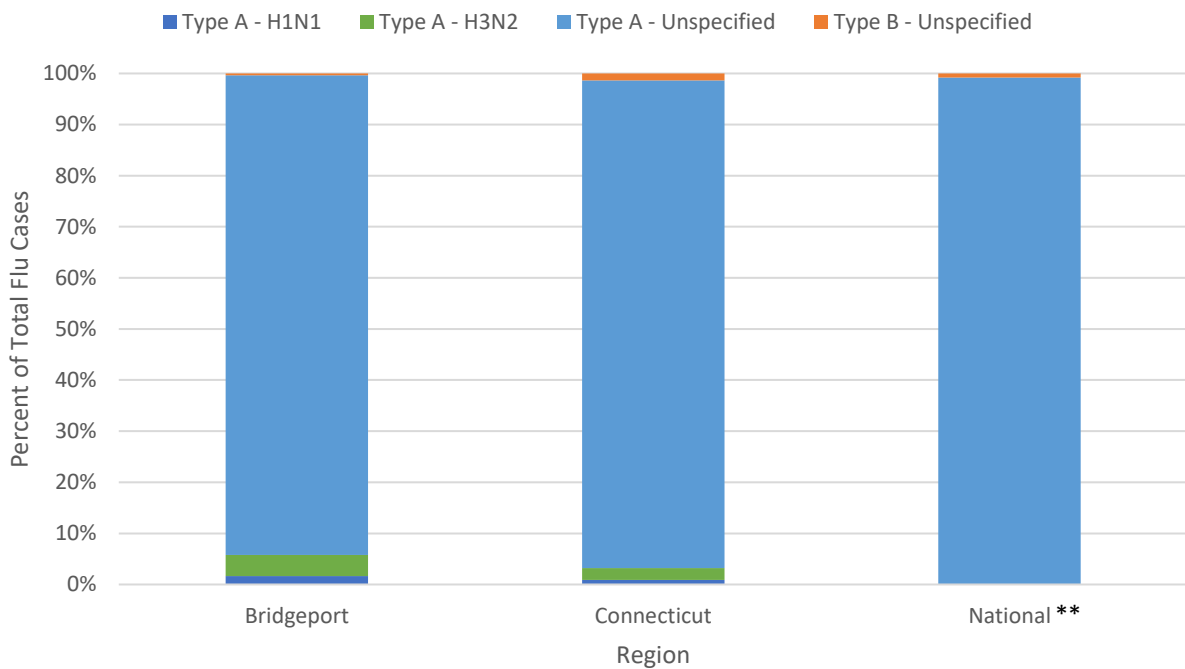
— 2021-2022 — 2022-2023



Number of Influenza Cases by Zip Code as of 12/31/2022

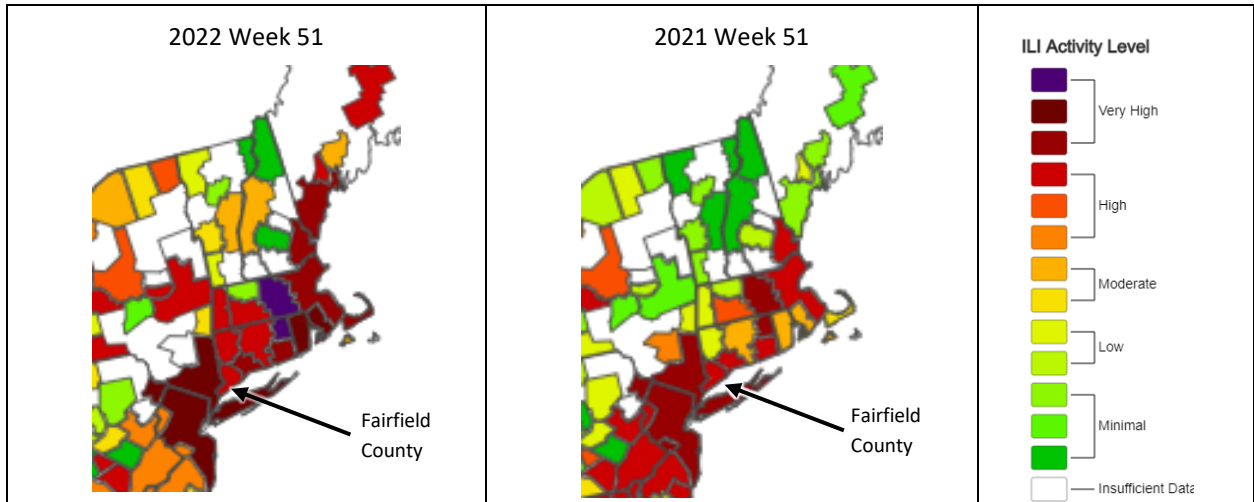
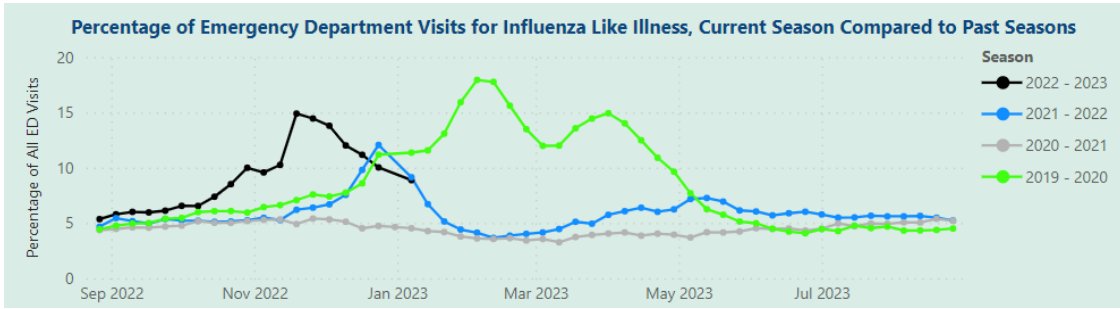


Cumulative Influenza Type Distribution for 2022-2023 Season*

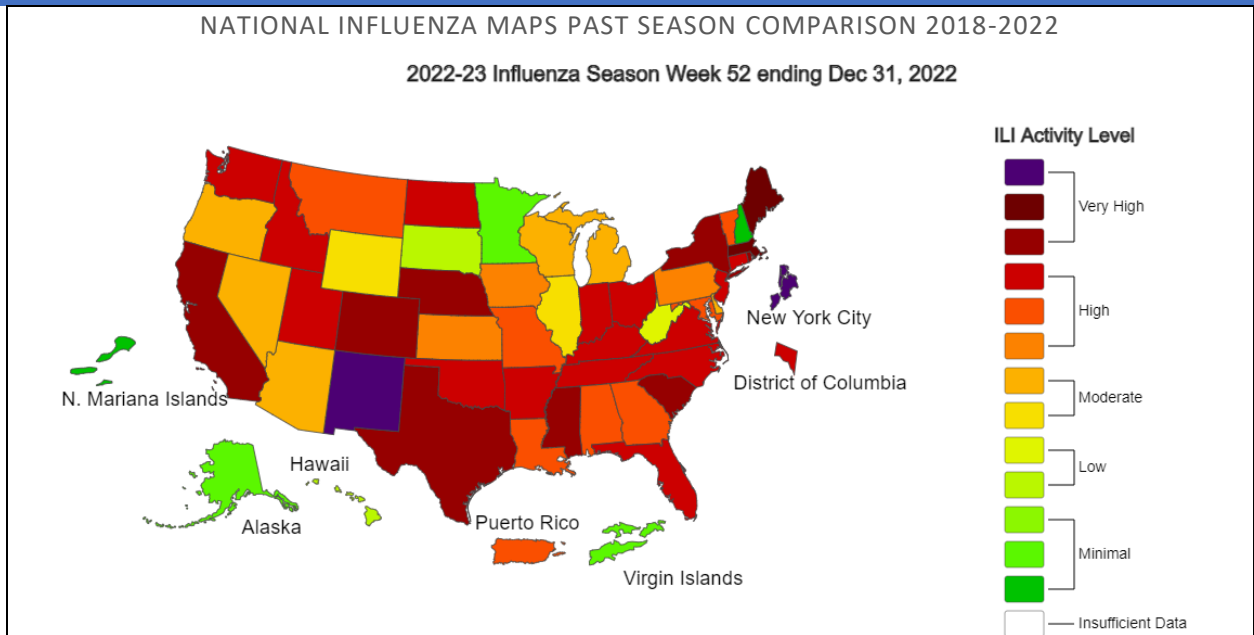


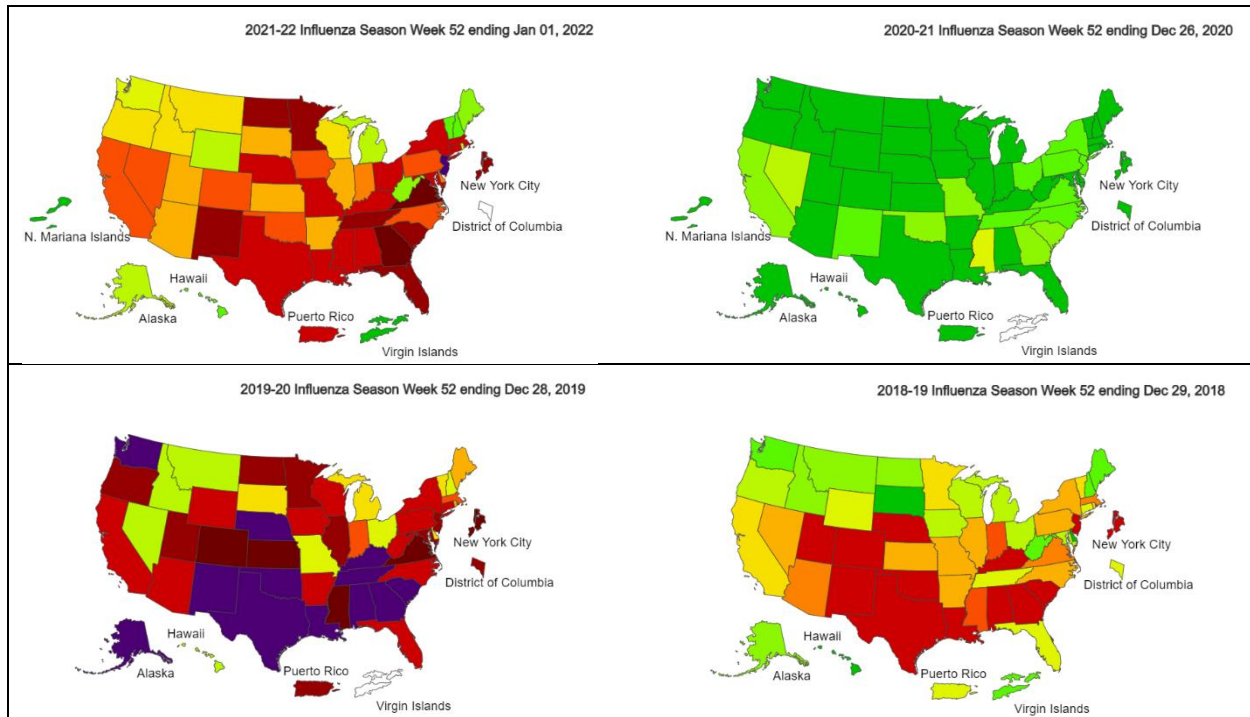
**National data does not include subtyping of influenza viruses

CONNECTICUT – WEEK 51 ENDING DECEMBER 24, 2022



UNITED STATES – WEEK 51 ENDING DECEMBER 24, 2022





SUMMARY

The total number of new influenza cases in Bridgeport for December 2022 have managed to hold out below the numbers seen in November 2022 (1132 cases and 1165 cases respectively). The majority of cases remain in the 5-15 year age group (30.4%) at a similar proportion as seen last flu season. The next highest proportion of cases are in the 15-30 age group followed by the <5 age group and then the 30-45 age group. As compared to the 2021-2022 flu season, the <5 age group and the 15-30 age group have lower proportions of cases, but the 45-65 and >65 age groups have higher proportions. All age groups saw a decrease in the number of new cases for this week, continuing the overall decline in new cases for the past 4 weeks. The incidence rate of influenza per 100,000 continues to fall precipitously, approaching the levels seen at this time of year in 2021-2022. By zip code, 06604 and 06607 have incidence rates that have surpassed the rates seen in November. Despite this, 06608 continues to have the highest incidence rate at approximately 1,000 cases per 100,000 population in the month of December. 06606 has the highest number of total cases for the 2022-2023 flu season to date, which is expected as it is the zip code with the largest population in Bridgeport. The majority of influenza cases are influenza type A and the dominant subtype remains H3N2.

The percentage of emergency department visits due to influenza like illness in Connecticut has decreased for the past 7 weeks and is now below the high point seen during the 2021-2022 influenza season. The percentage of ED visits has additionally dropped below the number seen at this time of the year during the 2019-2020 season. Fairfield County, as well as the surrounding Connecticut counties, are at high levels of ILI activity. The New York City metropolitan region remains at very high levels of ILI activity. Compared to the previous year, the ILI activity level in Fairfield County is at the same level, and while surrounding regions were at slightly lower levels last year, it is much closer to what we are currently seeing than it was in previous weeks.

Connecticut as a whole is at high levels of ILI activity, but it continues to work its way down the color scale as this influenza peak continues to lower. The nearby states of New York, Rhode Island, Massachusetts, and Maine are at very high levels of ILI activity and New Jersey and Vermont are at high levels of ILI activity. The overall levels of ILI

activity across the nation are lowering, with a few hot spots at the highest level of activity continuing in New York City and New Mexico. New Hampshire, Minnesota, and Alaska are at minimal levels of ILI activity, but the majority of the nation is at high levels of ILI activity. Compared to previous years, there are distinct similarities to the 2021-2022 season at this time. 2022-2023 maintains higher levels of ILI activity compared to the 2020-2021 season, but as that season encompassed the COVID-19 pandemic shut downs and mask requirements it is expected that there would be much lower levels of influenza. The 2019-2020 influenza season had higher levels of ILI activity in the Southeastern US than we are seeing at this time, but what was seen in at this time in 2019 is similar to what was seen a few weeks ago this year. With that being said, influenza may be on a downward trend, but it has not gone away and it remains to be seen what the effect holiday gatherings had on the number of new cases. It continues to be important to wash your hands, get the flu vaccine, and wear a mask to prevent the spread of influenza and other respiratory viruses this winter.

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](#)