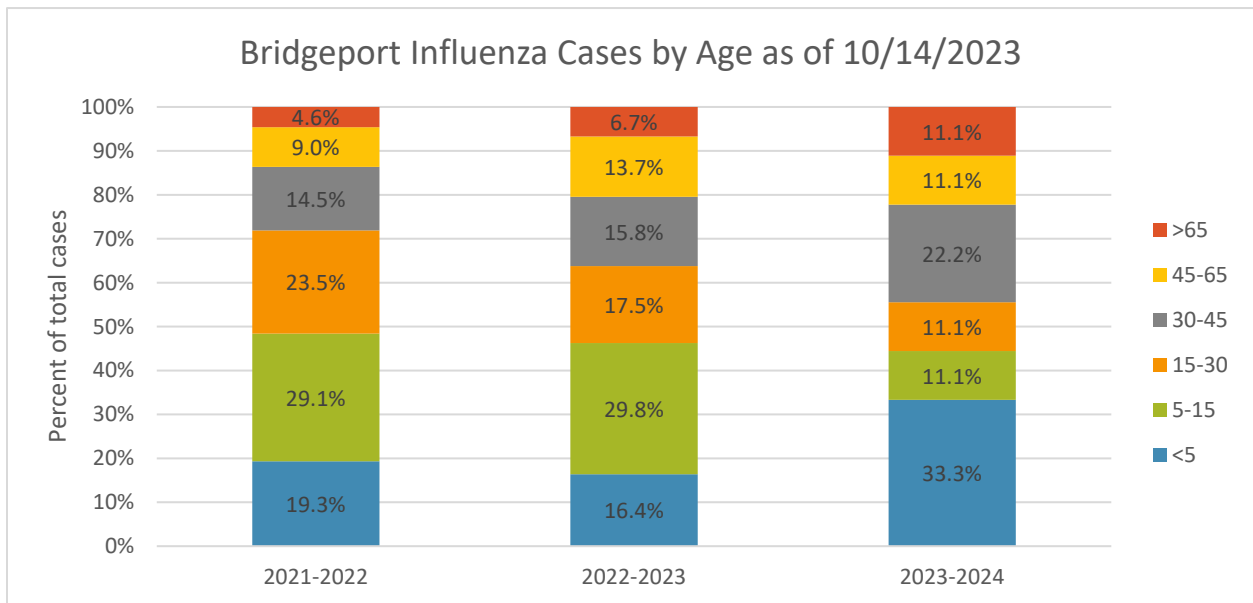
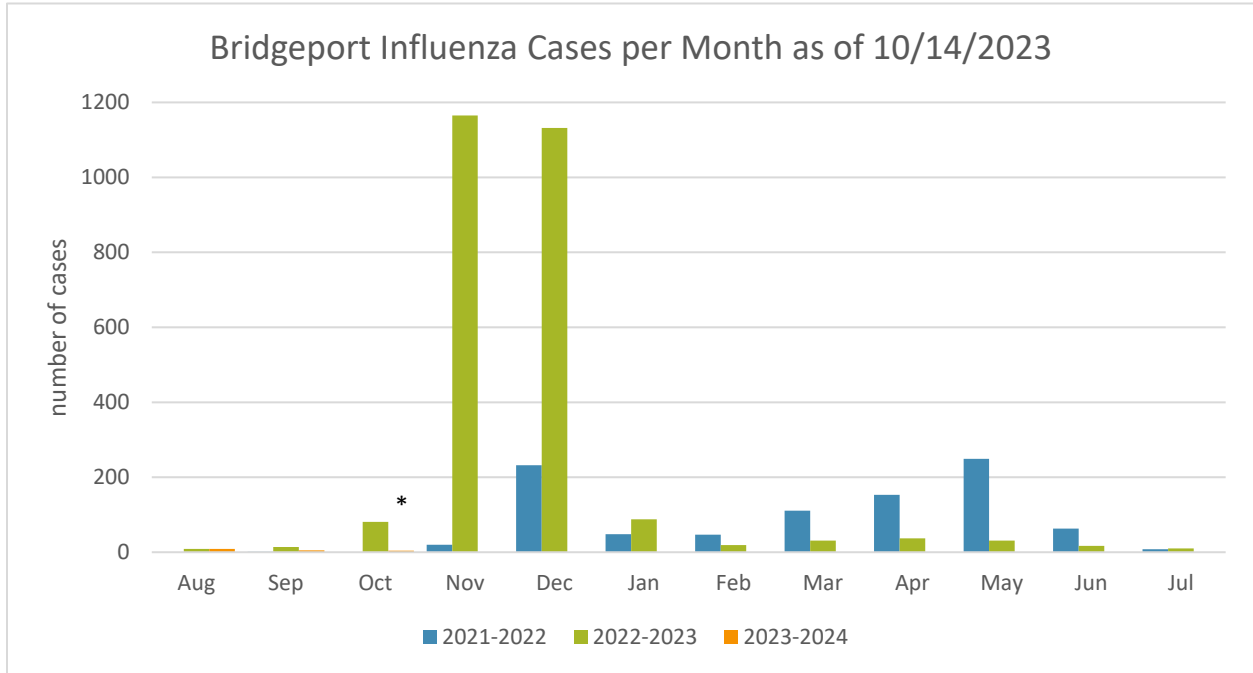


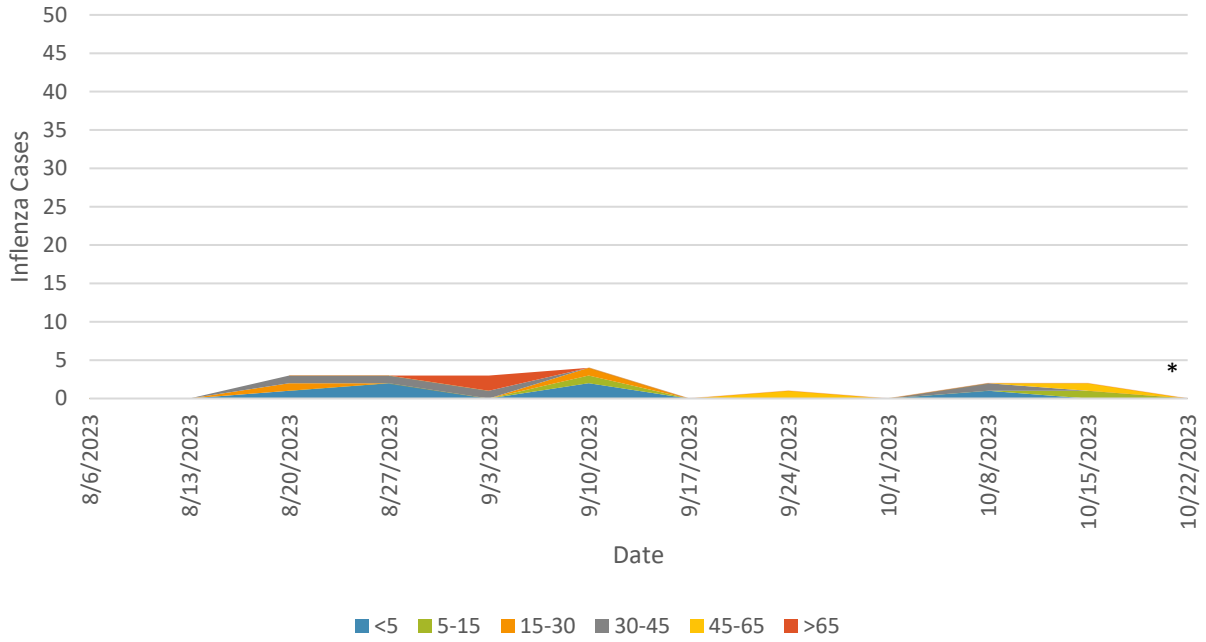
INFLUENZA EPI REPORT: 2022-2023

WEEK 41 – OCTOBER 14, 2023

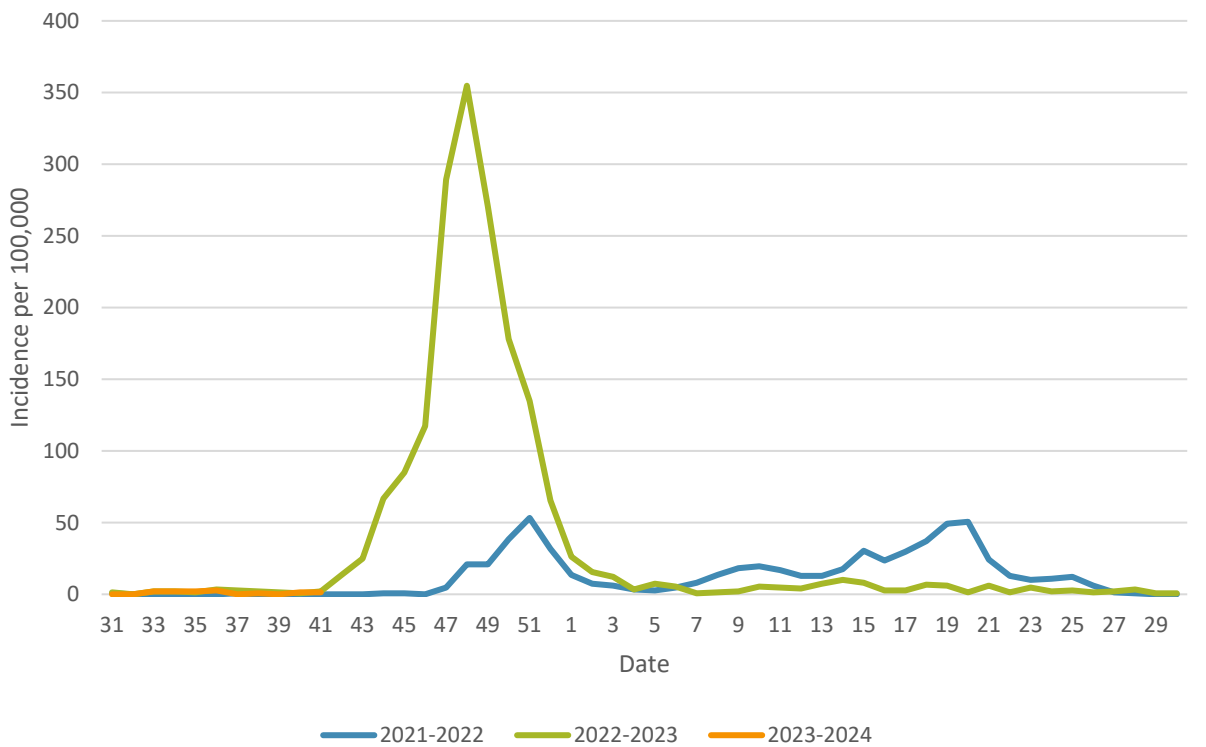
BRIDGEPORT – CASES REPORTED THROUGH OCTOBER 14, 2023



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

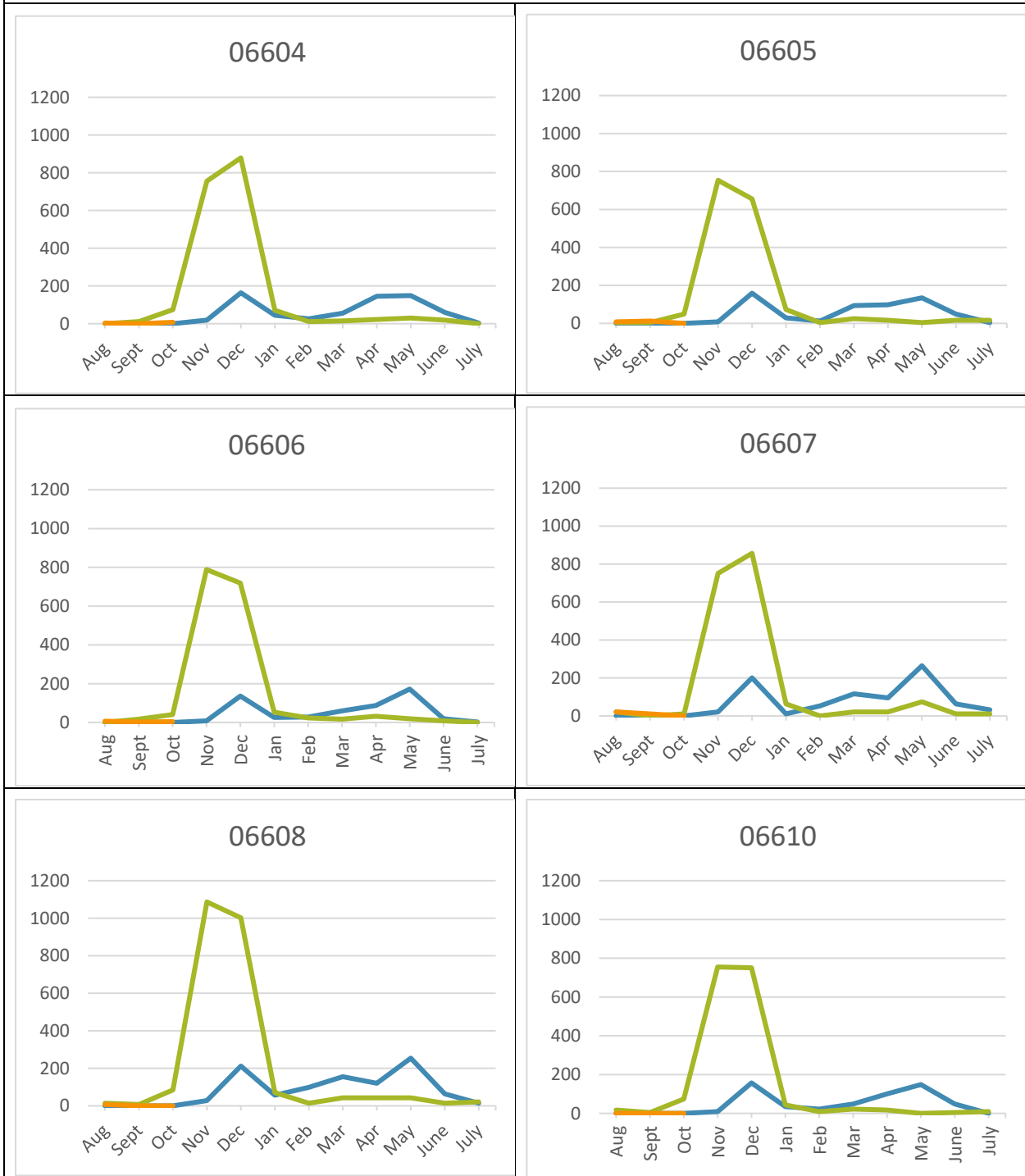


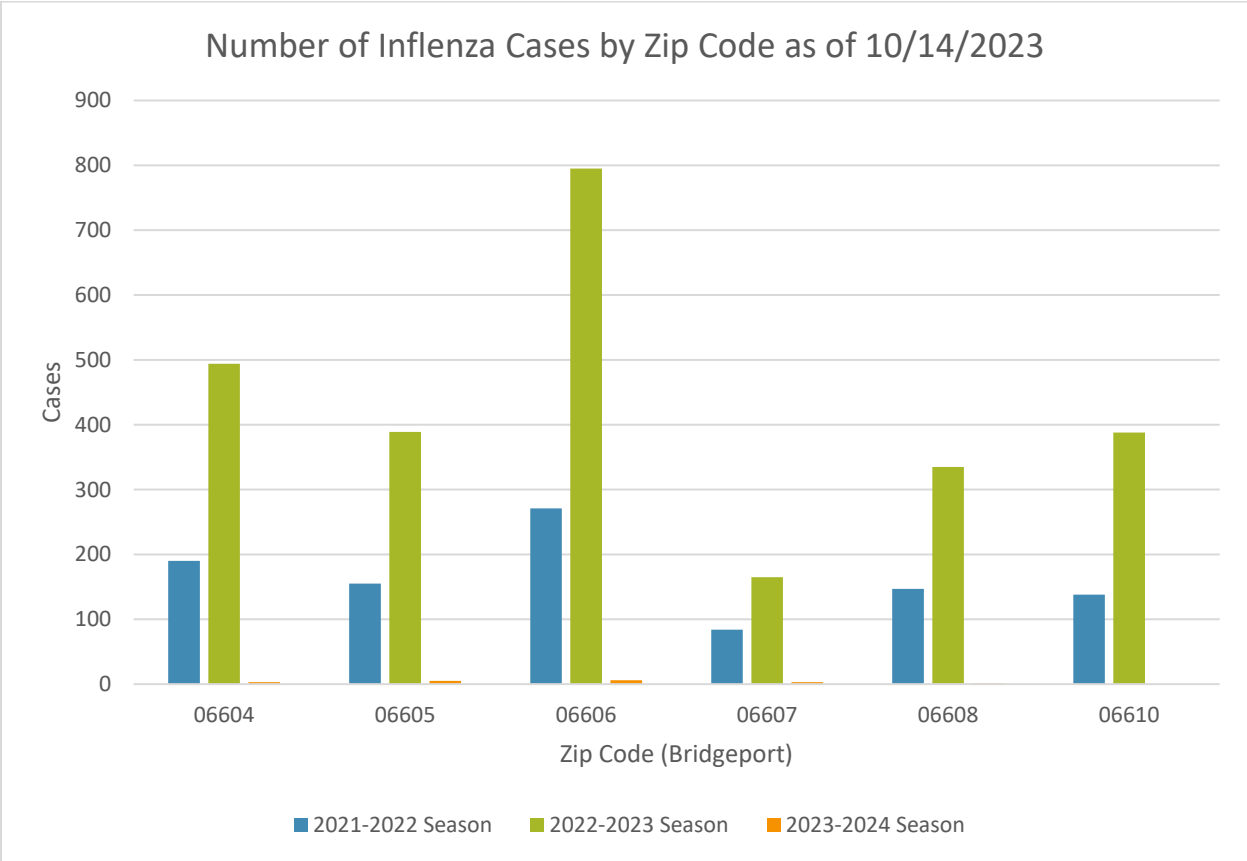
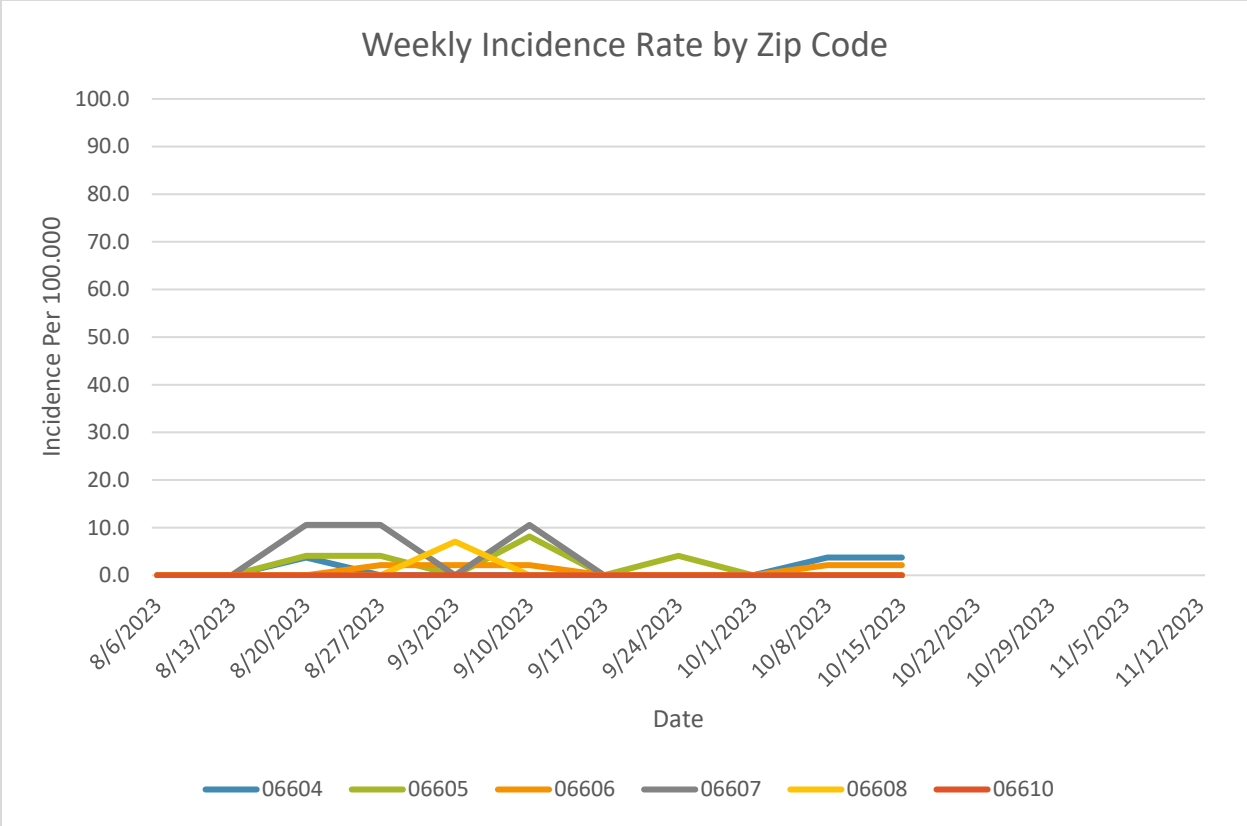
Influenza Weekly Incidence Rate in Bridgeport as of 10/14/2023

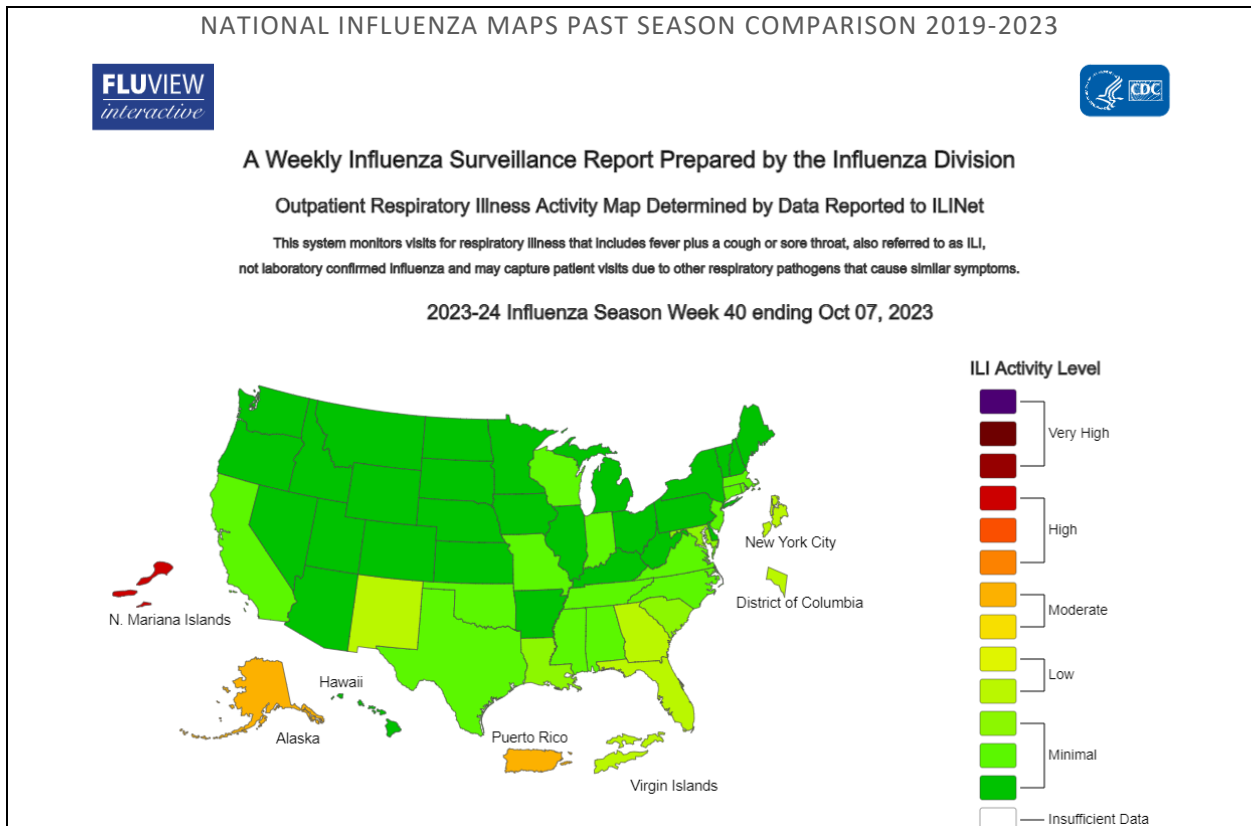
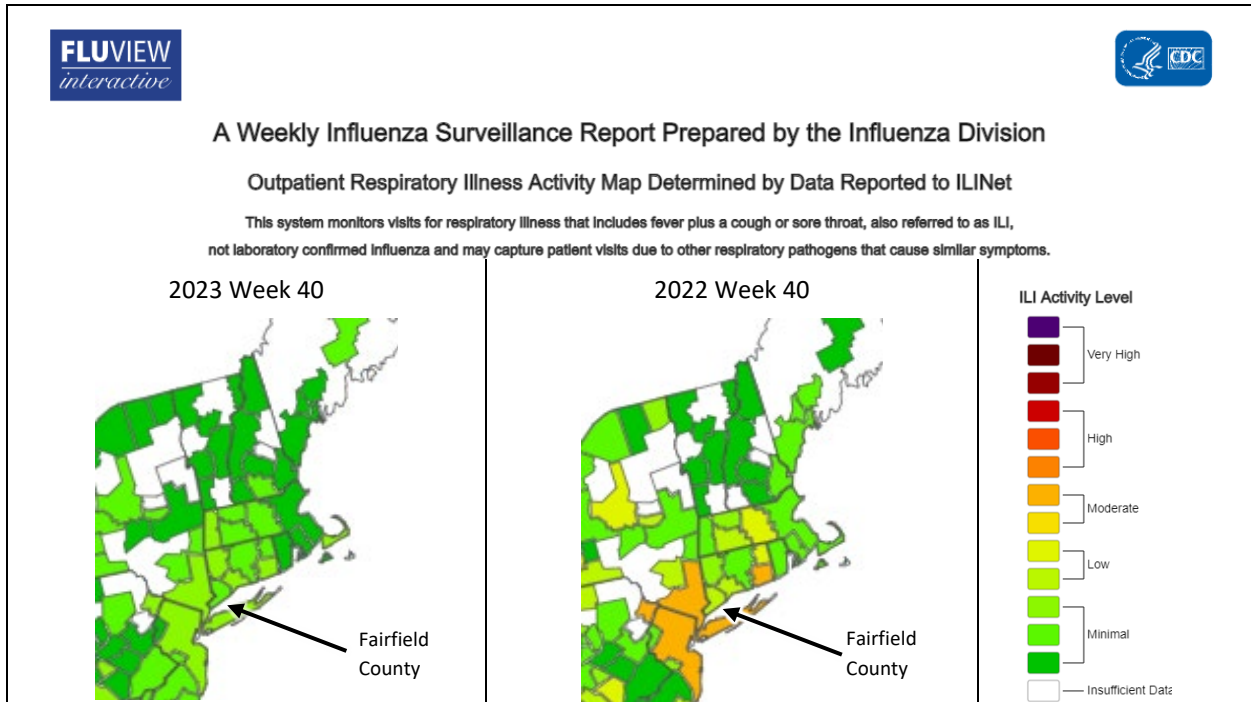


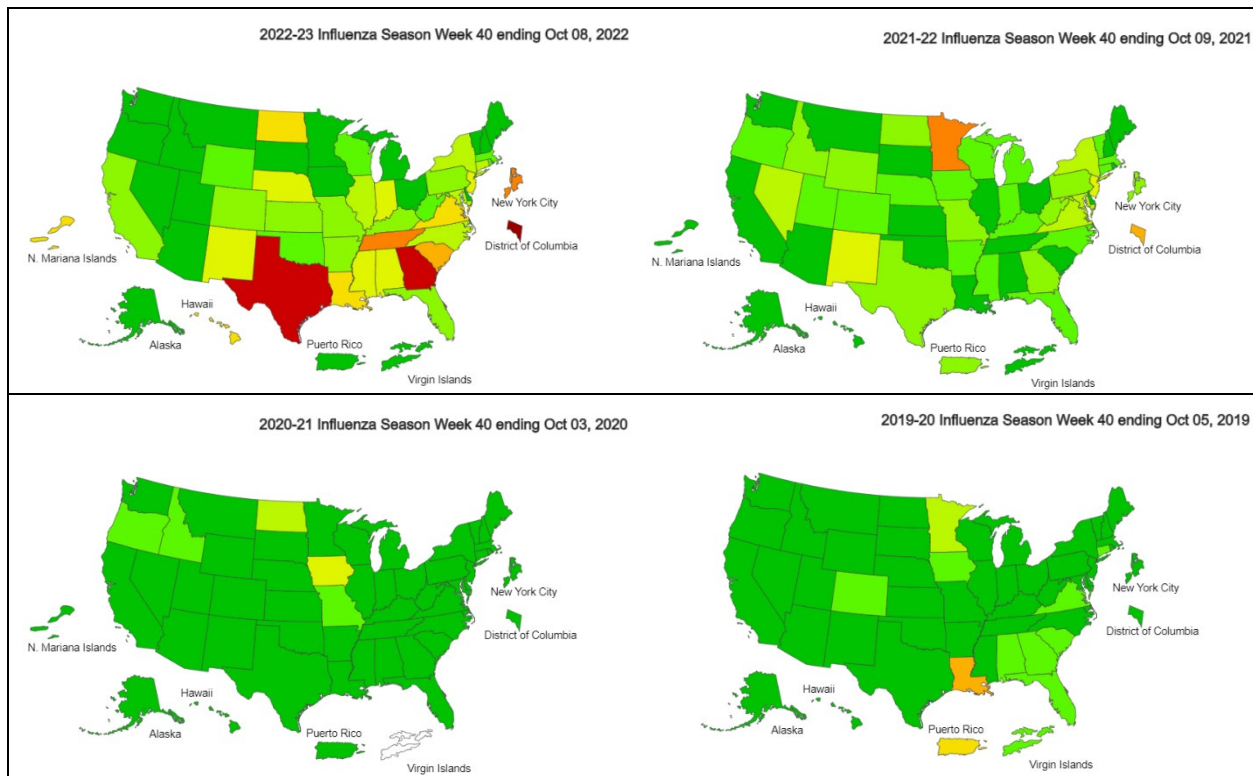
Influenza Monthly Incidence Rate per 100,000 by Zip Code as of 10/07/2023

— 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 in Bridgeport remain low this week with only 2 new cases. This is a sharp contrast to the early start to flu season that was seen last year and is more in line with the typical slow start of flu season that was seen in “pre-pandemic” times. The larger proportion of cases are in children <5 years old followed by adults 30-45 years old. This was the same pattern seen last year, with the early cases in young children and the distribution of cases evening out to typical levels as the season progressed. It is important to teach young children proper hand hygiene, to cover their coughs, and to keep them home when they are sick (especially with a fever) to reduce the spread of flu and other respiratory viruses at schools and childcare centers. The weekly incidence rate of influenza per 100,000 in Bridgeport remains low for the city and for all 6 zip codes.

Fairfield County remains at minimal levels of Influenza Like Illness activity this week and the surrounding counties are at low or minimal levels as well. The New York Metropolitan Region is at low levels of ILI activity, a sharp contrast to the moderate levels seen at this time last year.

Nationally, ILI activity remains at low or minimal levels, indicating that the expected increase in respiratory virus illnesses have yet to be actualized. The Southeastern US has more states at low levels of ILI, which is again typical

of how flu season occurs. There is an increase in ILI activity in the Southeast and then it spreads to the rest of the US, waning in the Southeast first as well.

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](#)