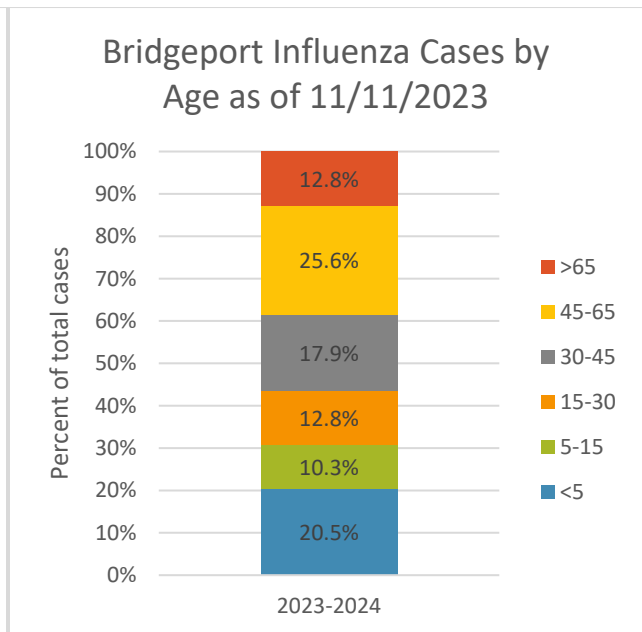
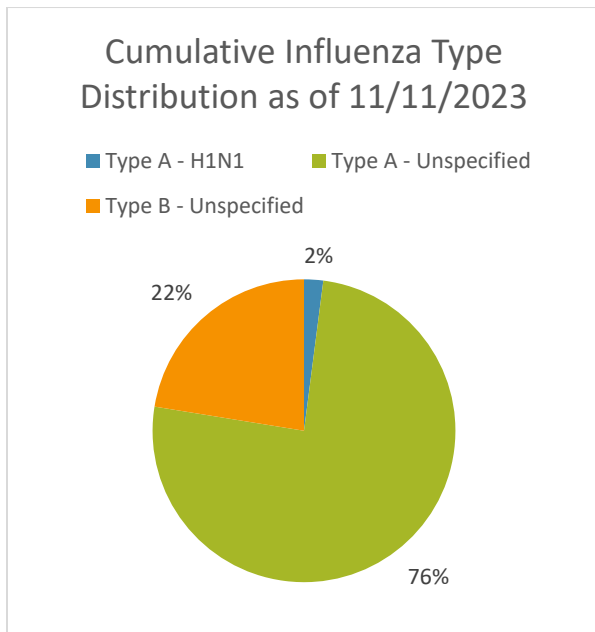
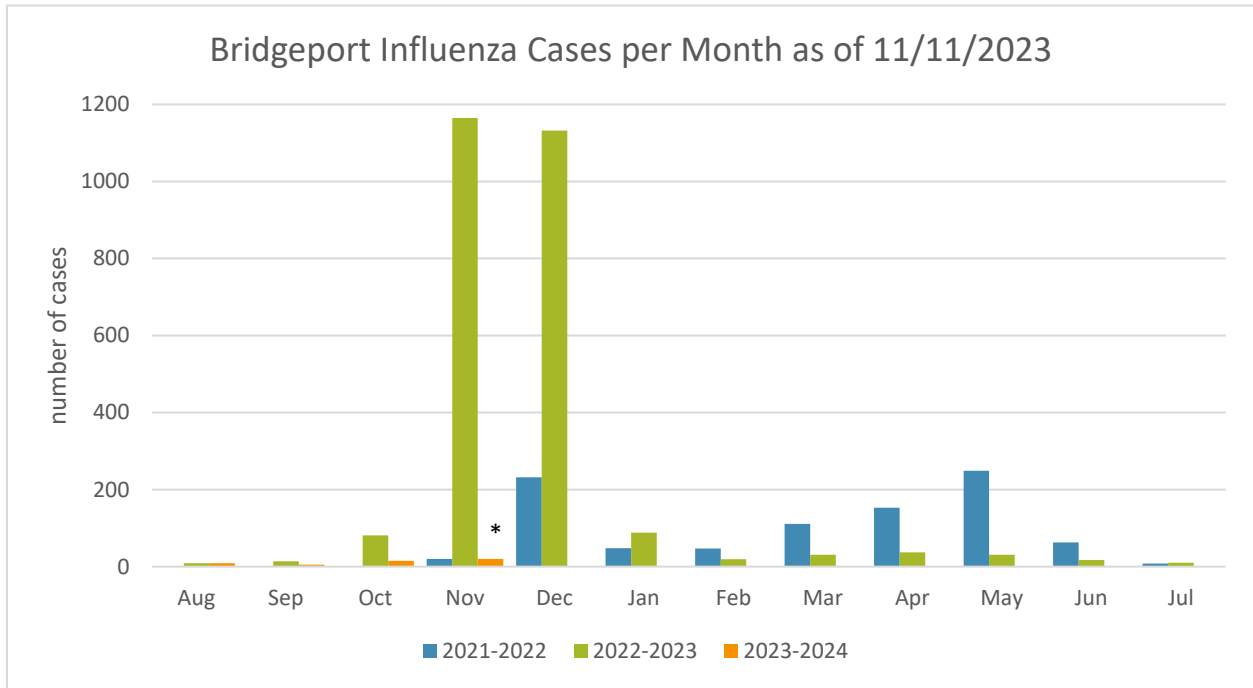


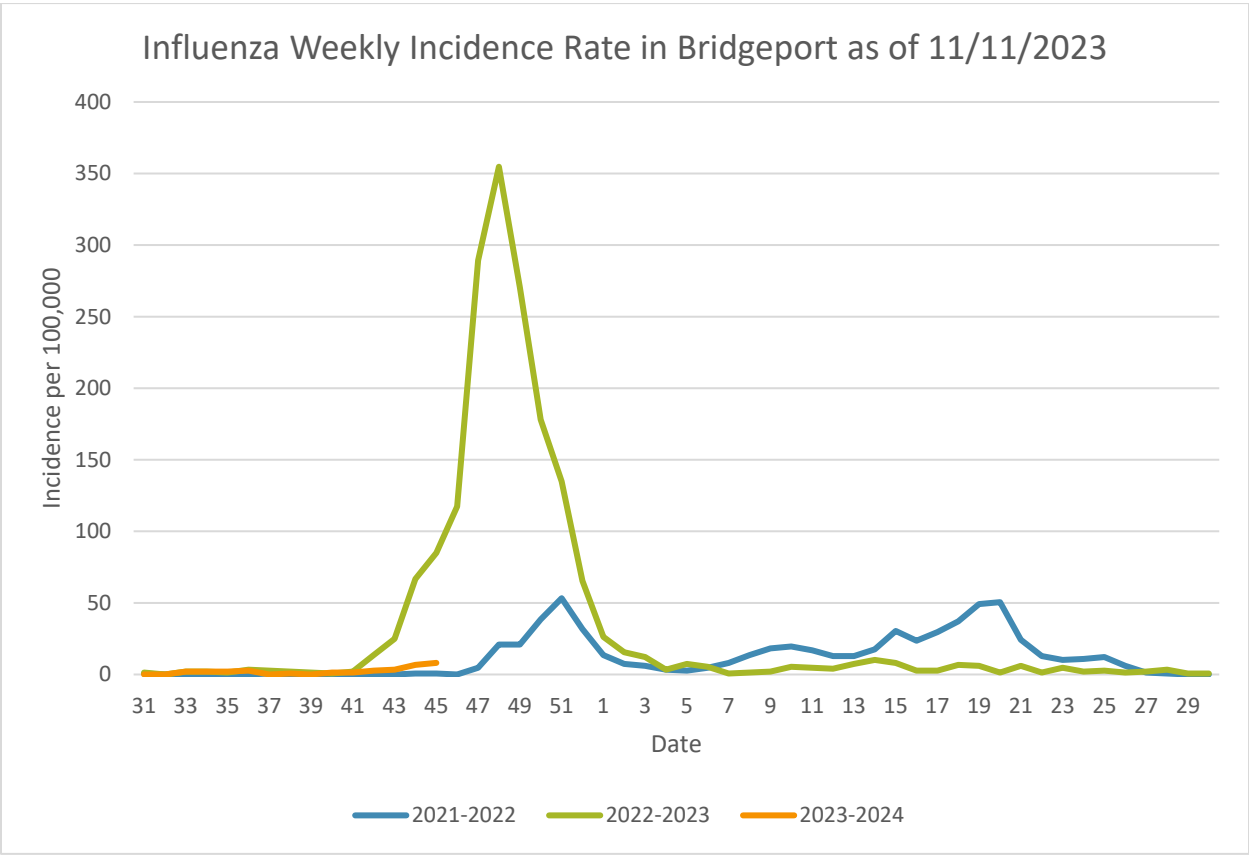
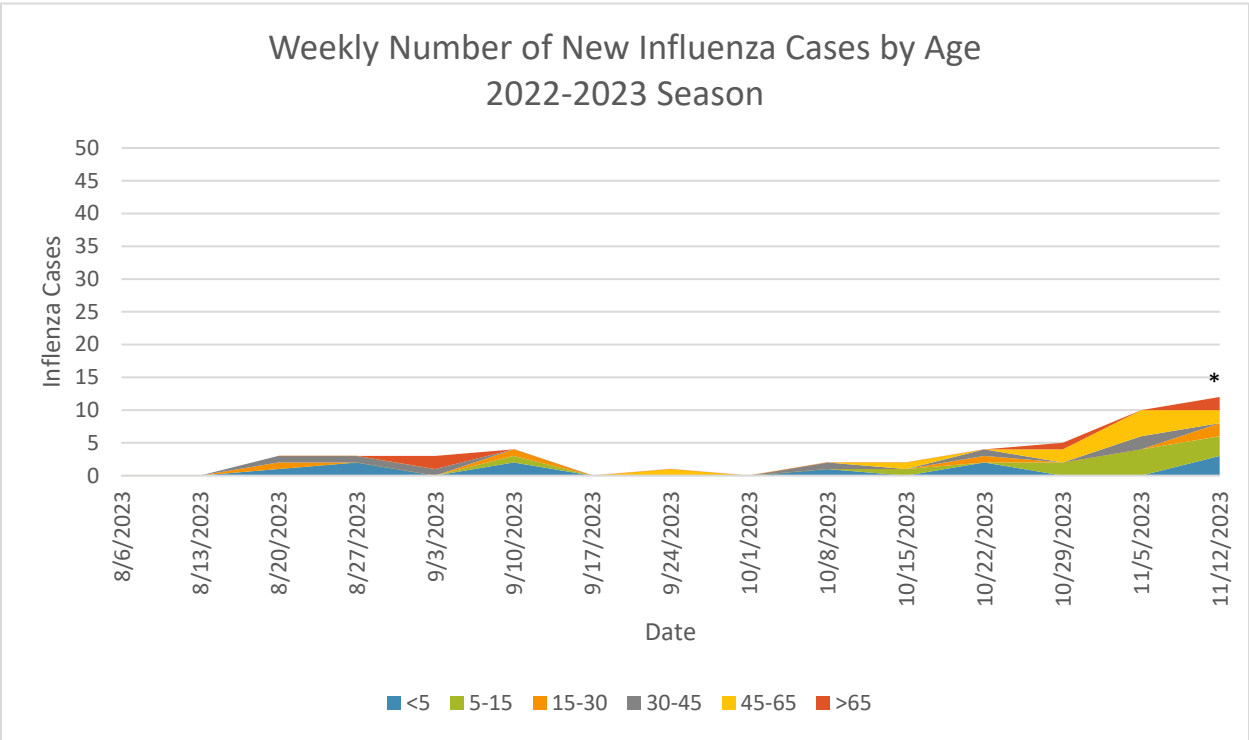


INFLUENZA EPI REPORT: 2022-2023

WEEK 45 – NOVEMBER 11, 2023

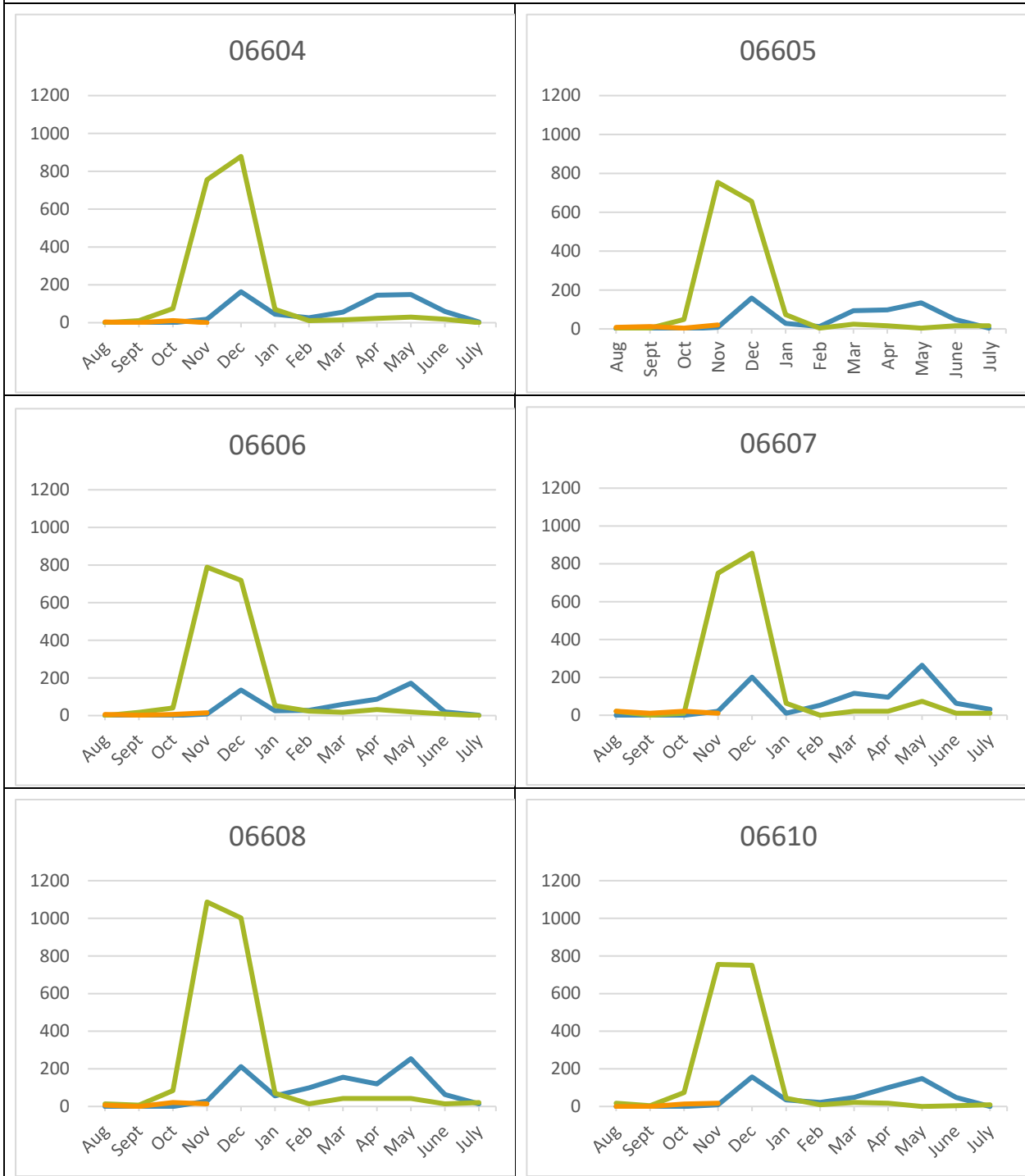
BRIDGEPORT – CASES REPORTED THROUGH NOVEMBER 11, 2023

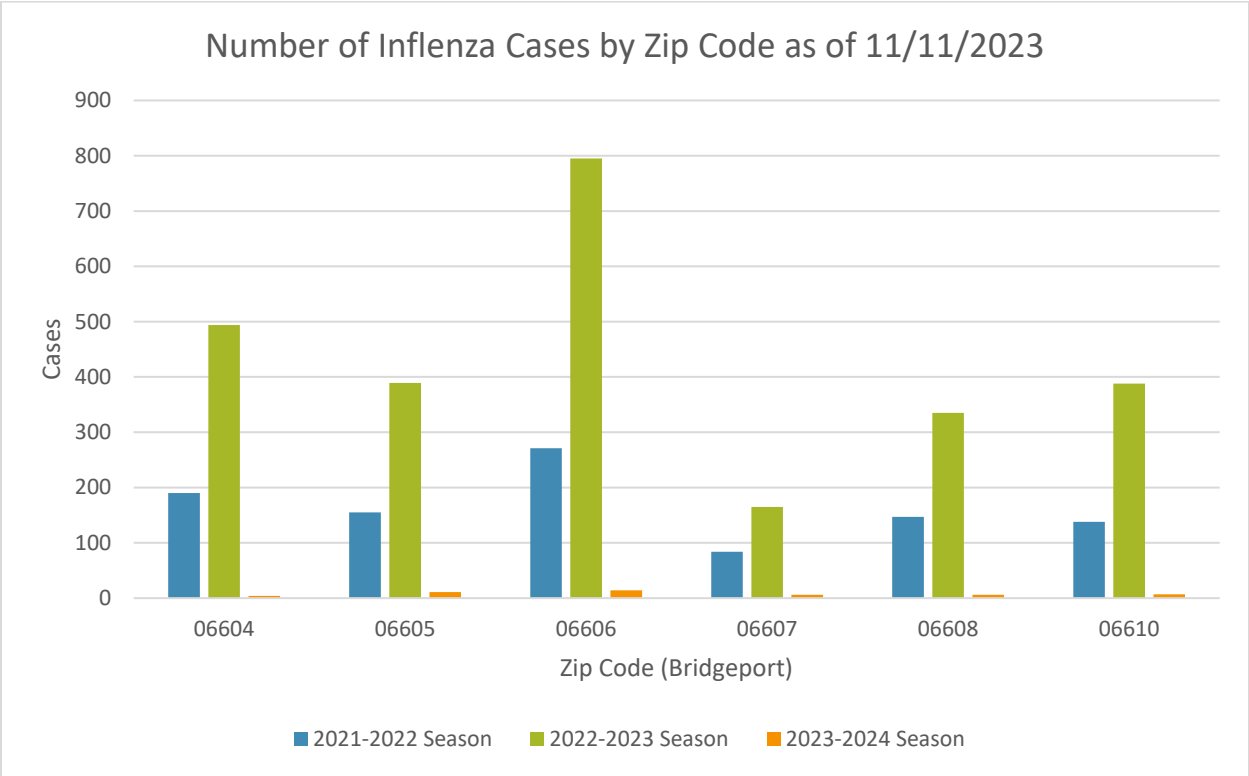
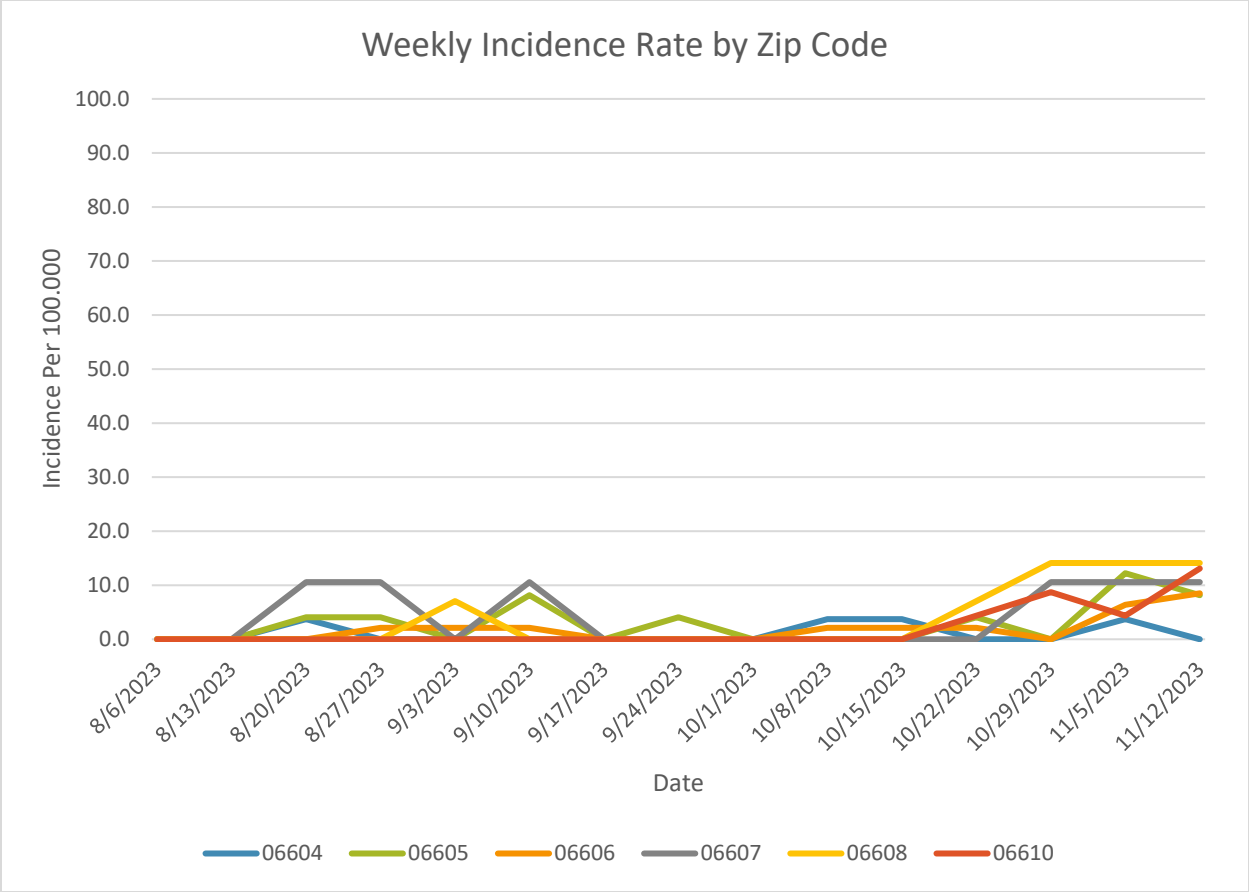


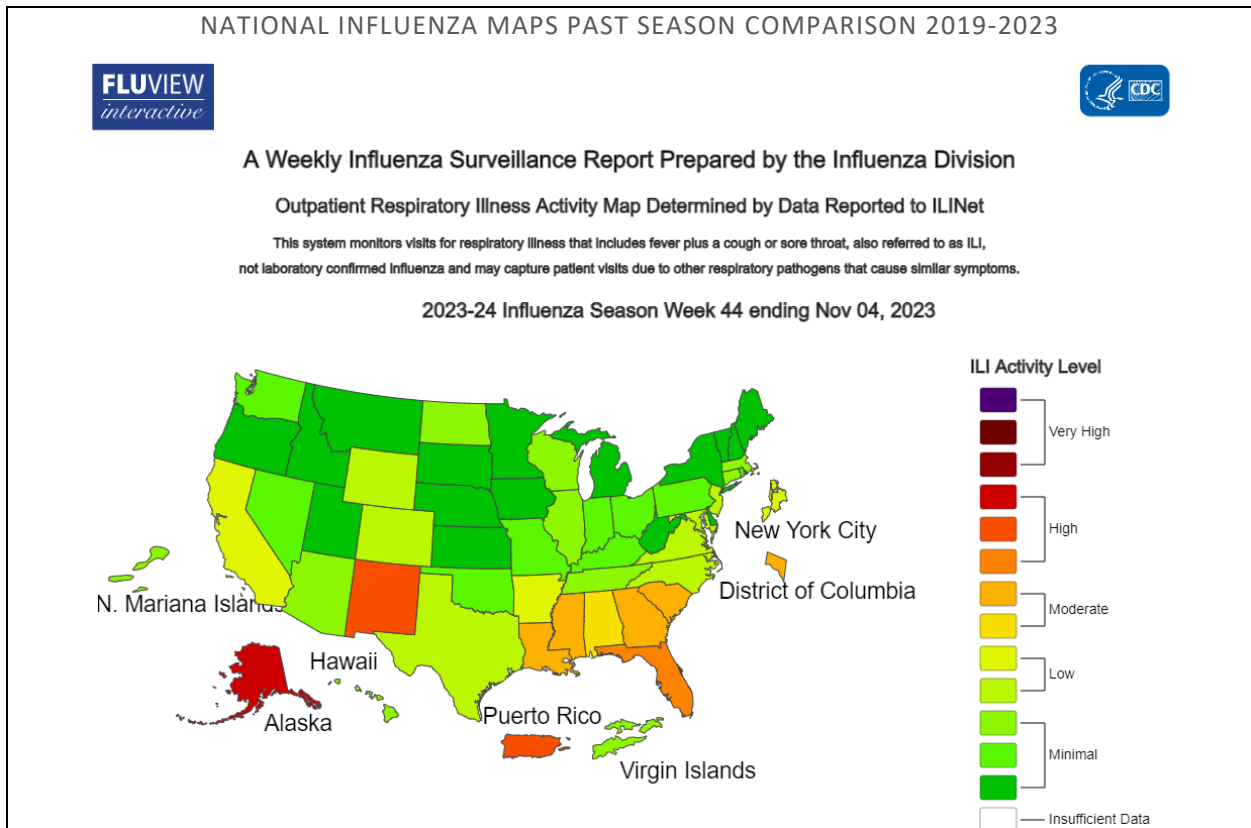
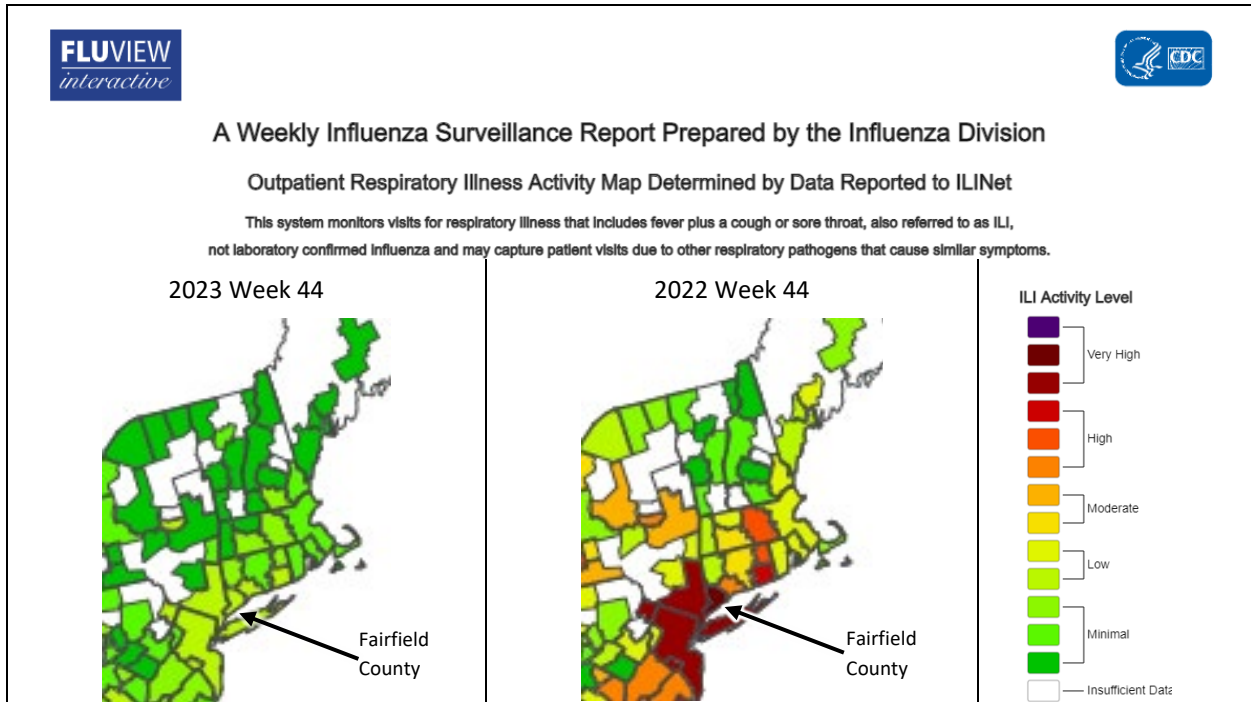


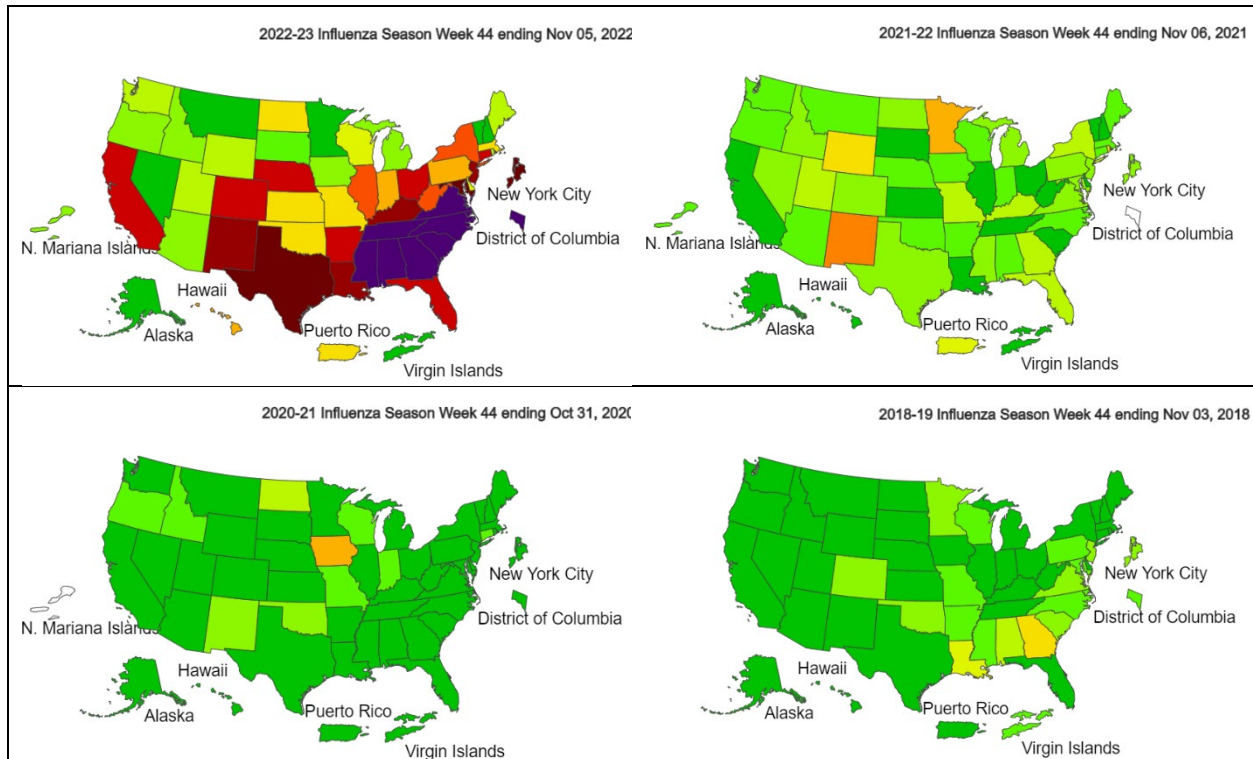
Influenza Monthly Incidence Rate per 100,000 by Zip Code as of 11/11/2023

— 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

The number of laboratory confirmed influenza cases has increased to 12 new cases this week (compared to 10 cases in the previous week). Thus far, the month of November continues to have much lower case counts than last year, a trend which is predicted to continue for the remainder of the month. The 78% of the cases are influenza type A virus and 22% are influenza type B virus. Only 2% of the samples have been tested for viral subtype and all of those are type A H1N1. More cases have been reported in 45-65 year olds, making this the dominant age group at 25.6%. The second largest group is <5 year olds at 20.5% followed by 30-45 year olds at 17.9%. The weekly incidence rate of influenza has increased to 8.1 per 100,000 residents, which is higher than the 0.7 per 100,000 seen in 2021 but much lower than the 85 per 100,000 we experienced last year at this time. All zip codes remain low in incidence rates and total case counts, with no zip code experiencing a dramatic increase in cases of influenza this week or month to date.

Fairfield County is at low levels of influenza like illness (ILI) activity for the week ending November 4th. The surrounding regions in Connecticut and the Northeast US are also at low or minimal levels of ILI activity. In contrast, Fairfield County and the New York City Metro Region were both at very high levels of ILI at this time last year.

As expected, the ILI activity continues to increase in the Southeastern US. 4 states/regions are at high levels of ILI activity (Alaska, Florida, New Mexico, and Puerto Rico) and 6 are at moderate levels of ILI activity (Alabama, Georgia, Louisiana, Mississippi, South Carolina, and D.C.). The rest of the US is holding steady at low and minimal levels of ILI activity. While these levels are lower than what was seen last year, the pattern of ILI activity increases are similar. With the increasing spread of influenza it is important to get your flu shot, stay home if you are sick, and wash your hands frequently. If traveling in crowded conditions during the upcoming holidays, such as on an airplane, wearing an N95 or surgical mask is a great way to reduce your exposure to influenza and other respiratory viruses.

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](#)