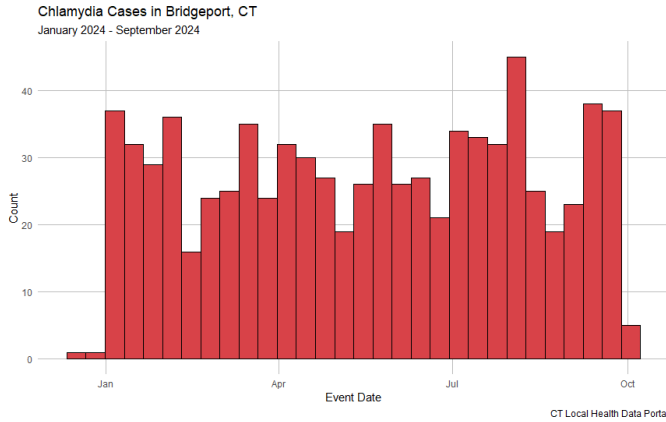




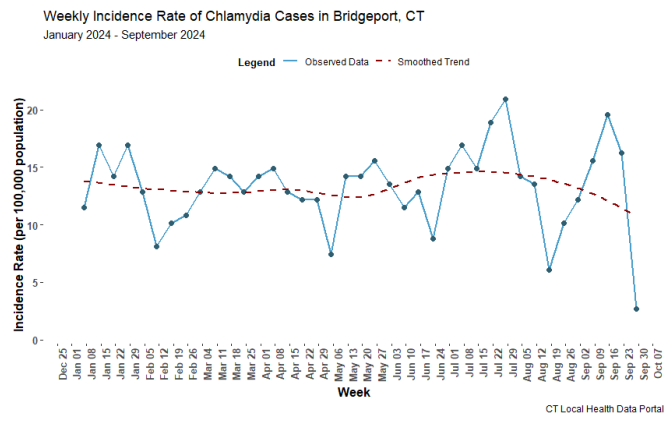
BRIDGEPORT CHLAMYDIA EPI REPORT

SEPTEMBER 2024

JANUARY 2024 – SEPTEMBER 2024

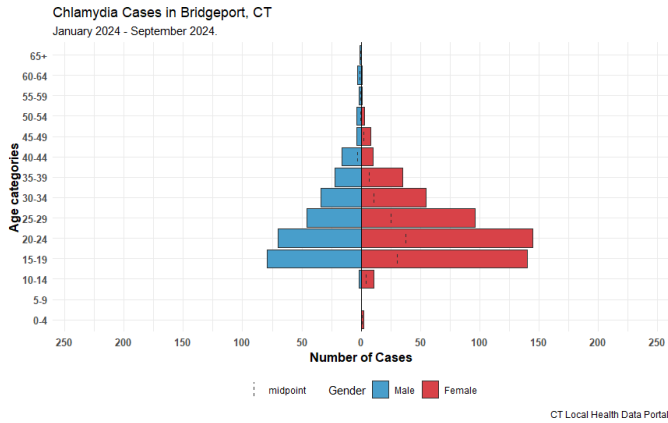


Throughout the year, case counts generally stay within the 30 to 40 range, with notable peaks in July, where cases exceed 40, and a dip in August. In September, the case counts increase again to approximately 35-40 cases per week, indicating a rebound after the August decline. Compared to earlier months, such as January and February, where cases were slightly more variable (ranging from 25 to 35 cases), the data for September shows a higher and more stable case count. This suggests that transmission remained active moving into the fall, highlighting the importance of sustained prevention efforts and testing as the year progresses.

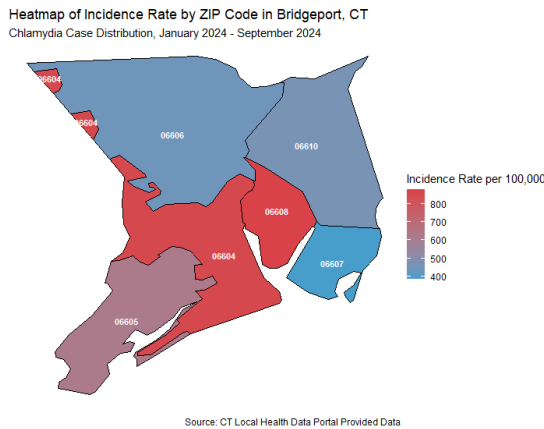


Early in the year, especially in January, the incidence rate fluctuates between 10 and 20 cases per 100,000, with a notable spike in mid-January. The rate declines in February and March, stabilizing around 10 cases per 100,000 through the spring. During the summer, the incidence rises, peaking again in July, followed by a slight decline in August.

In September, the incidence rate increases sharply, reaching nearly 20 cases per 100,000 in mid-September, marking one of the highest points since January. However, by the end of the month, the rate drops significantly. Compared to earlier in the year, September shows a late-season surge, which contrasts with the relatively stable and lower rates seen in the spring. This late increase highlights the need for sustained testing and prevention efforts as transmission persists into the fall months.



As of September 2024, the 20-24 and 25-29 age groups continuing to report the highest number of cases. In both age groups, females are disproportionately affected, with over 200 cases among females aged 20-24. Males also have significant case counts in the 20-29 range, though slightly fewer than females. Compared to last month, there is a noticeable rise in the total number of cases across multiple age groups, particularly in the younger adult groups (20-24 and 25-29). This highlights that chlamydia transmission increased in September, affecting both young adults and slightly older populations.



This heatmap displays the incidence rate of chlamydia cases per 100,000 population by ZIP code in Bridgeport, CT, from January to September 2024. The highest incidence is observed in 06608, marked in dark red, with rates exceeding 800 cases per 100,000 population, indicating a concentrated outbreak in this area. Surrounding areas, such as 06605 and 06604, also show elevated incidence rates between 600 and 700 cases, marked in shades of red and purple. In contrast, 06607 and 06610 have lower incidence rates, between 400 and 500 cases per 100,000, represented by shades of blue. This distribution highlights that chlamydia cases are heavily concentrated in specific neighborhoods, particularly 06608, suggesting that targeted testing, education, and treatment efforts may be needed in these high-incidence areas.

PRECAUTIONS TO TAKE

- **Consistent Condom Use:** Use latex or polyurethane condoms during vaginal, anal, and oral sex. Condoms significantly reduce the risk of transmitting sexually transmitted infections (STIs), including chlamydia.
- **Regular Testing:** Since chlamydia can be asymptomatic, regular STI screenings are important, especially for sexually active individuals under 25, or those with new or multiple partners. Early detection helps prevent complications and reduces the risk of spreading the infection.
- **Limit Sexual Partners:** Reducing the number of sexual partners lowers the chances of exposure to chlamydia and other STIs. Engaging in mutually monogamous relationships with partners who have been tested and are free of STIs can also reduce risk.
- **Avoid Douching:** Douching can disrupt the natural balance of bacteria in the vagina, making it easier for infections, including chlamydia, to develop and spread.

- **Open Communication:** Talk openly with sexual partners about STI testing and prevention methods. Both partners being informed and taking preventive measures can lower the risk of infection.
- **Abstinence or Mutual Monogamy:** Abstaining from sexual activity or engaging in a mutually monogamous relationship where both partners are STI-free is the most effective way to prevent chlamydia.

DATA SOURCES

Connecticut Epidemiologic Disease Surveillance System

[COVID Data Tracker – CDC](#)

[COVID Wastewater Data - CDC](#)