Submitted by E. Hazelwood, MPH
November 16, 2023

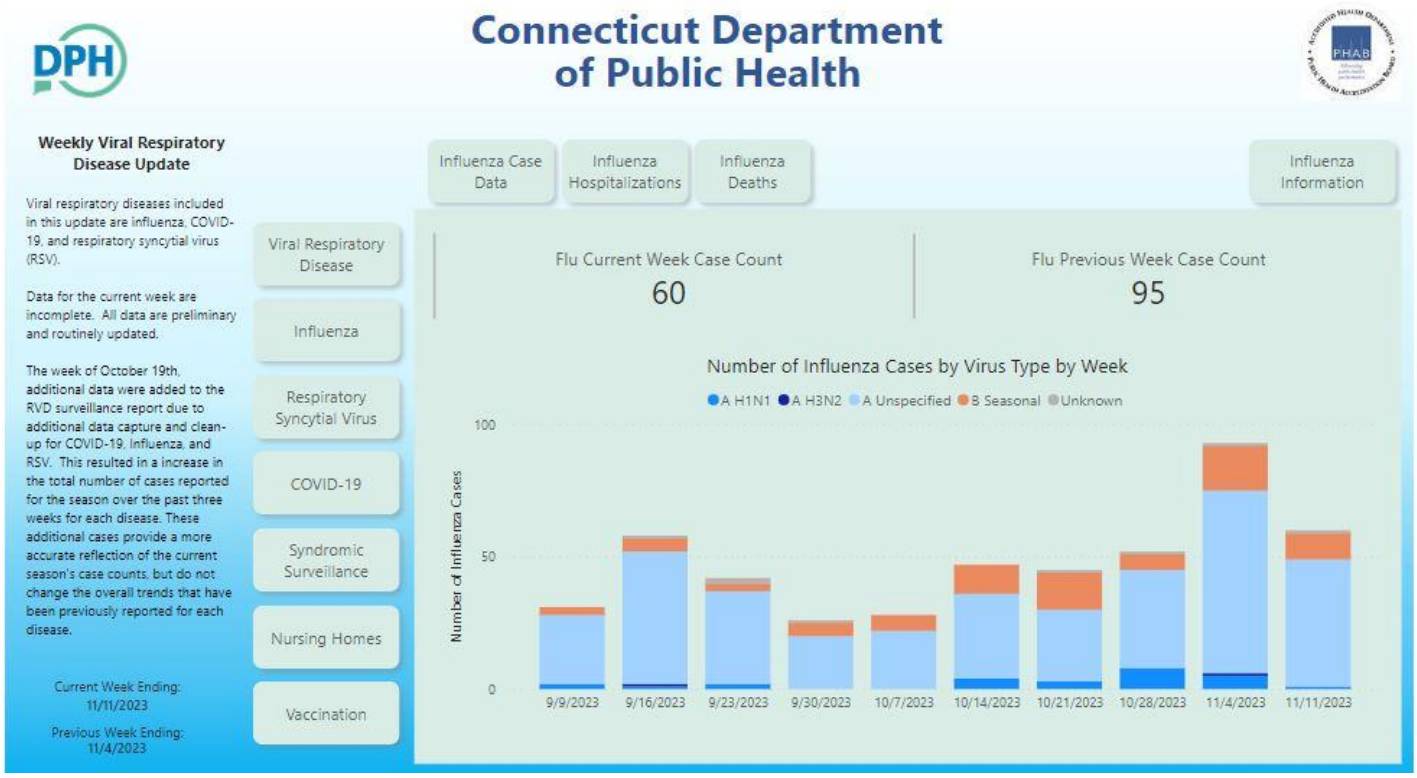
UPDATE: Seasonal Influenza 2022-2023

Influenza (flu) is a respiratory illness caused by influenza viruses. This contagious disease can cause mild to severe symptoms that may require hospitalization. Certain health conditions (asthma, diabetes, heart disease, etc.) can result in a higher risk of getting sick with influenza. Age may also play a role in who gets sick and has more severe symptoms. To learn about how to prevent getting sick with influenza, visit the Centers for Disease Control and Prevention.

In Connecticut, the DPH uses multiple **surveillance systems** to monitor circulating influenza viruses. Seasonal flu viruses can be detected throughout the year; however, seasonal flu activity generally begins as early as October and November and can continue through late May.

The weekly surveillance reports show how this year's flu season is developing. Each report is progressive and includes data starting from the beginning of this flu season. Statewide influenza activity is increasing.

CT Statewide Influenza Cases ending 11/11/23



https://data.ct.gov/Health-and-Human-Services/Connecticut-Reportable-Disease-Case-List/qhtt-czu2

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Respiratory Syndrome Virus (RSV)

CDC recommends adults 60 years of age and older have the option to receive a single dose of RSV vaccine, based on discussions between the patient and their health care provider. There are two options for protection of infants against RSV: maternal vaccine for the pregnant person and preventive antibodies given to the baby. Only one of these options is needed for most babies to be protected.

CDC recommends a single dose of RSV vaccine for pregnant people from week 32 through week 36 of pregnancy for the prevention of RSV disease in infants under 6 months of age. This vaccine is recommended to be given from September through January for most of the United States.

Effective October 1st, 2023, the Commissioner of the CT DPH amended the List of Reportable Diseases, Emergency Illnesses and Health Conditions to include RSV hospitalizations and deaths. COVID-19 and influenza hospitalizations and deaths are already reportable. RSV can cause illness in people of all ages but may be especially serious for infants and older adults. Infants up to 12 months of age (especially those 6 months and younger) and children who were born prematurely, or who have chronic lung or heart disease or a weakened immune system, are at increased risk of severe RSV disease.

Adults at highest risk for severe RSV disease include older adults, adults with chronic medical conditions such as heart or lung disease, weakened immune systems, or certain other underlying medical conditions, or who live in nursing homes or long-term care facilities.

https://www.cdc.gov/vaccines/hcp/vis/vis-statements/rsv.html
https://portal.ct.gov/DPH/Epidemiology-and-Emerging-Infections/CTEPI/Volumes/43/Vol-43-No-7/October-2023-Supplemental-Issue-Page-1

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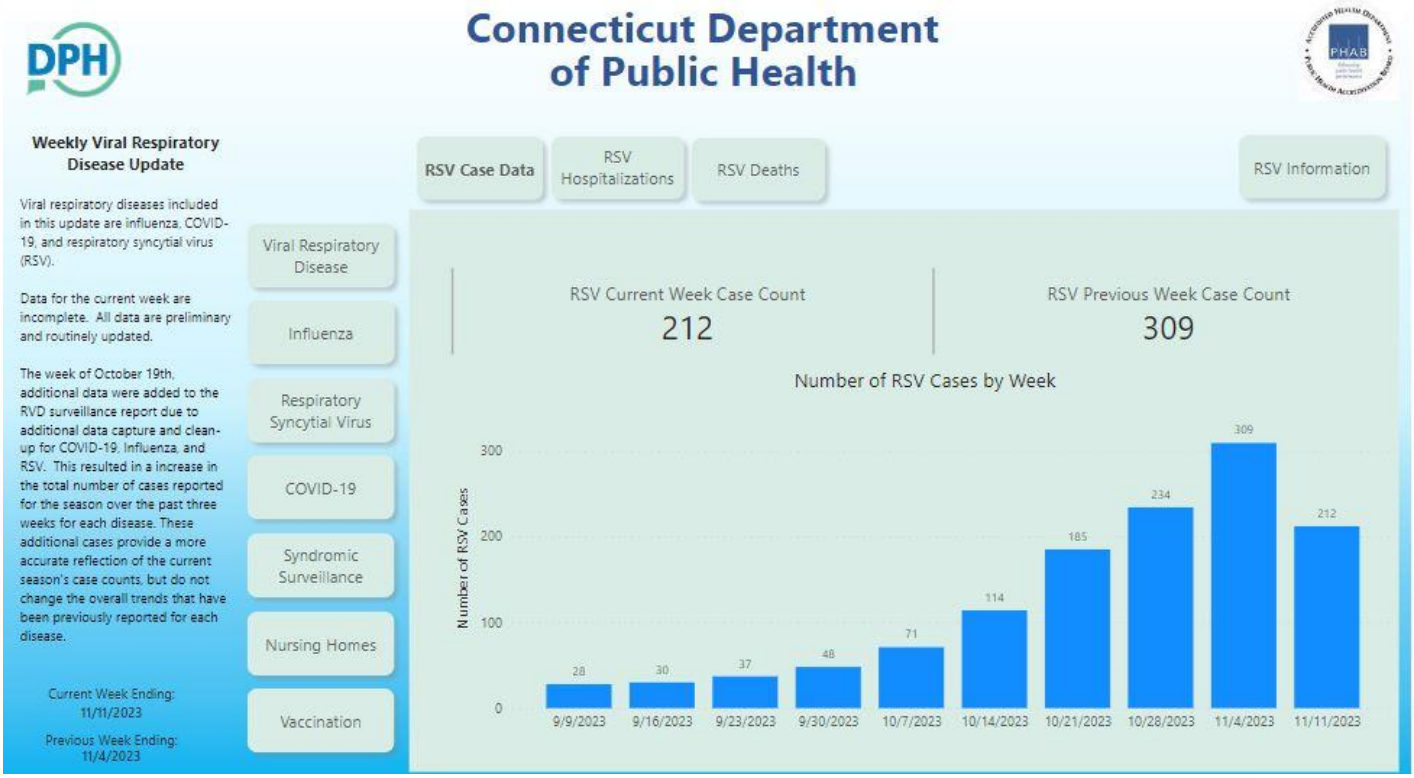
CT Statewide RSV Cases ending 11/11/23



https://data.ct.gov/Health-and-Human-Services/Connecticut-Reportable-Disease-Case-List/qhtt-czu2

COVID-19 INFORMATION

The COVID-19 Emergency Declaration ended on May 11. Please click here for the Governor's statement explaining the impact on related services and programs.

In alignment with the May 11, 2023, expiration of Connecticut's COVID-19 public health emergency declaration, the state is transitioning its COVID-19 data reporting to the same period it uses under its seasonal respiratory surveillance reporting program, which begins each year in early October and ends in late May or early June. **The 2023-2024 reporting period began October 2023**

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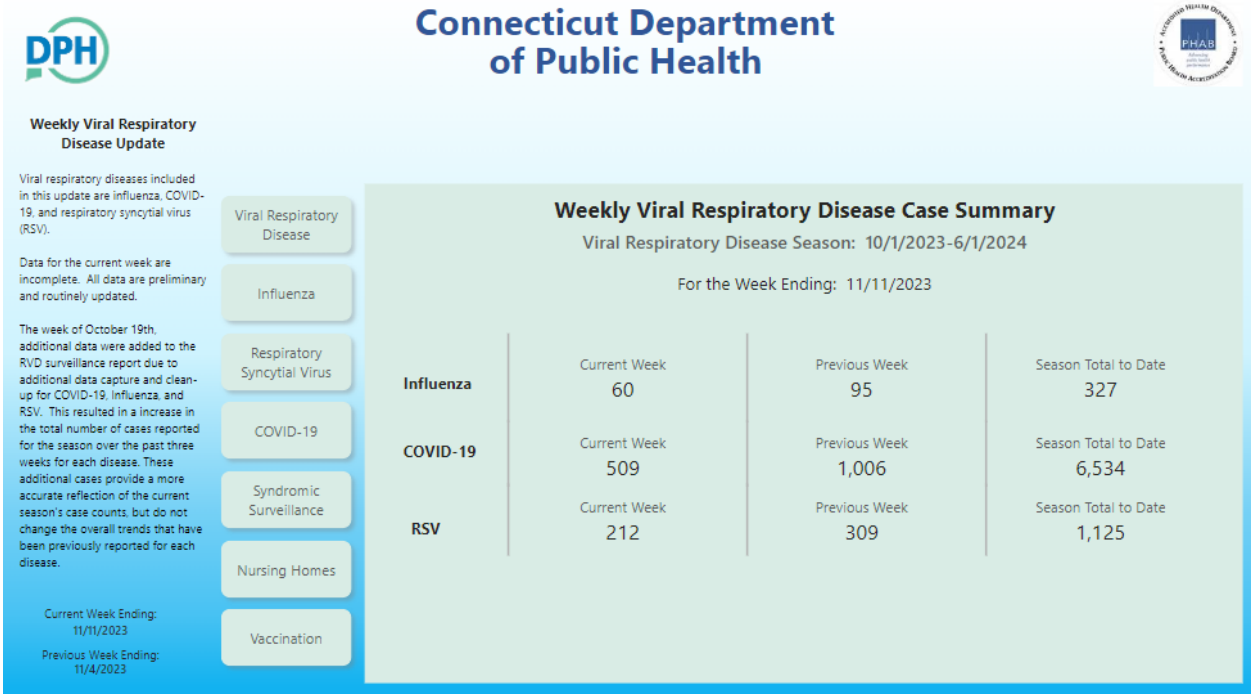
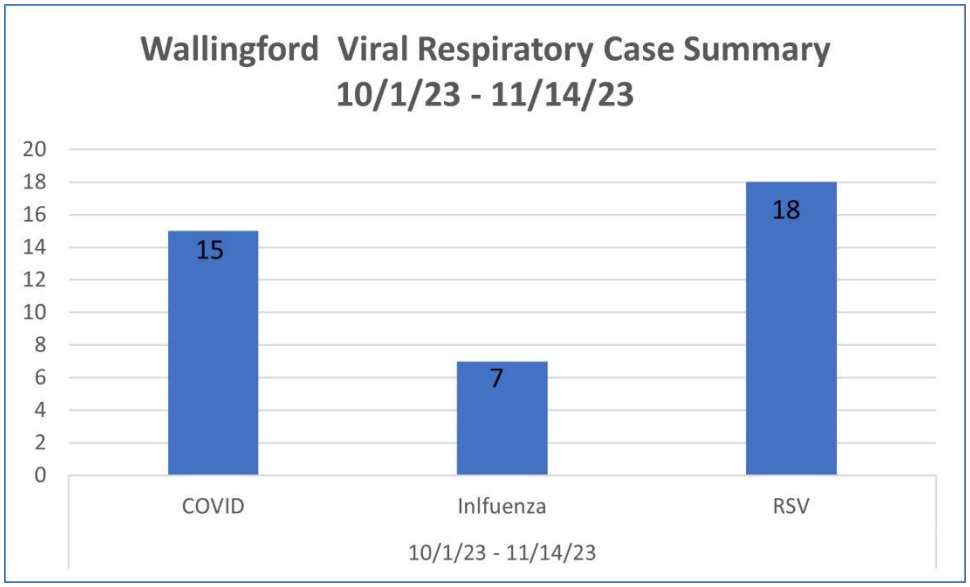
CT Viral Respiratory Disease Summary ending 11/11/23
Season: 10/1/23-6/1/24



https://data.ct.gov/Health-and-Human-Services/Connecticut-Reportable-Disease-Case-List/qhtt-czu2

Wallingford Viral Respiratory Disease Summary ending 11/14/23
Season: 10/1/23-6/1/24



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Resources for residents

Get four free at-home COVID-19 tests on COVIDTests.gov
Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home. Order Free At-Home Tests:
https://www.covid.gov/tests

The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs. Please contact a HRSA health center, Test to Treat site, or ICATT location near you to learn how to access low- or no-cost COVID-19 tests provided by the federal government.

To find a COVID-19 vaccine near you: https://www.vaccines.gov/search/

Find a Seasonal Flu vaccine near you: https://www.211ct.org/
In the “search box” type “Flu Vaccine” and your zip code

For additional information contact the Wallingford Health Department at 203-294-2065 or Healthclerk@wallingfordct.gov