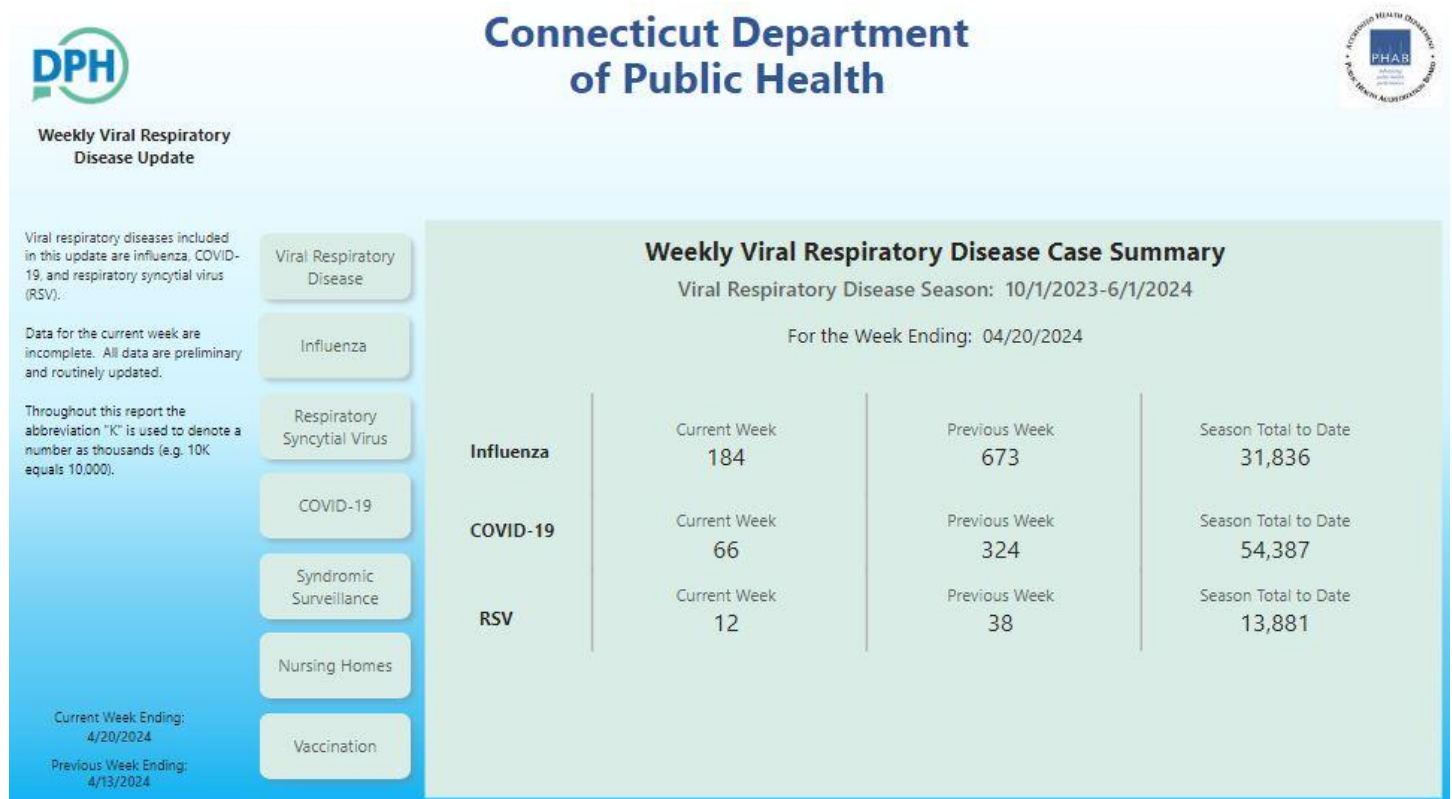


MONTHLY UPDATE: April 2024

Monthly Viral Respiratory Diseases Update week ending 4/20/2024.

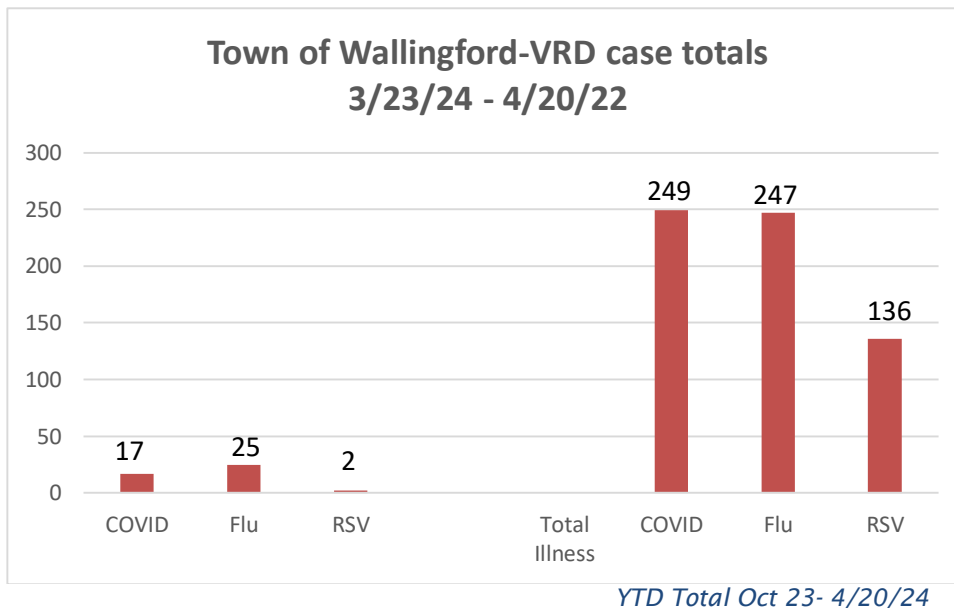
This report brings up-to-date data on viral respiratory diseases (VRD) in Wallingford, CT and information and resources regarding VRD. VRDs included in this report are COVID-19, influenza, and respiratory syncytial virus (RSV). VRD 2023-2024 season in this report starts on September 2023 until May 2024. Data in this report was collected from Local Health Department Portal surveillance system provided by Connecticut Department of Public Health (CT DPH) and the CT Electronic Disease Surveillance System (CTEDSS). There continues to be a decline in all the VRDs from the previous report period for state-wide data as is seen in the CT DPH charts below.

The following charts summarize the CT Statewide VRDs Cases week ending 4/20/24



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

**Town of Wallingford VDS week ending 4/20/24
(Surveillance Season: 10/1/23 - 6/1/24)**



<https://edss.dph.ct.gov/maven/>

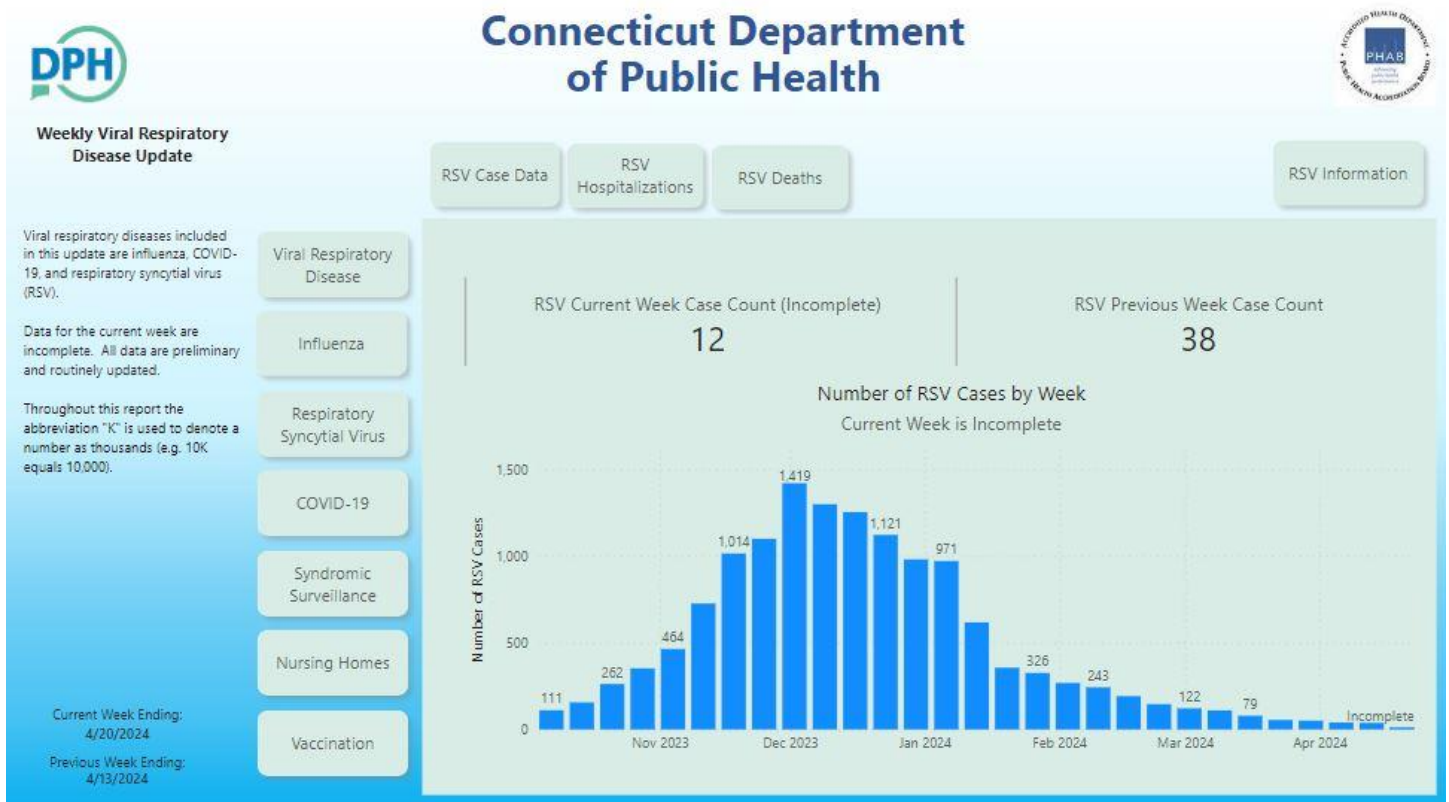
*The above data reflects a slight decline in the total number of both COVID-19 and RSV cases reported for the current month for Wallingford residents.

Respiratory Syndrome Virus (RSV)

Although there is a decline in total number of cases, both state-wide and in Wallingford, RSV continues to be a respiratory virus of concern. 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.

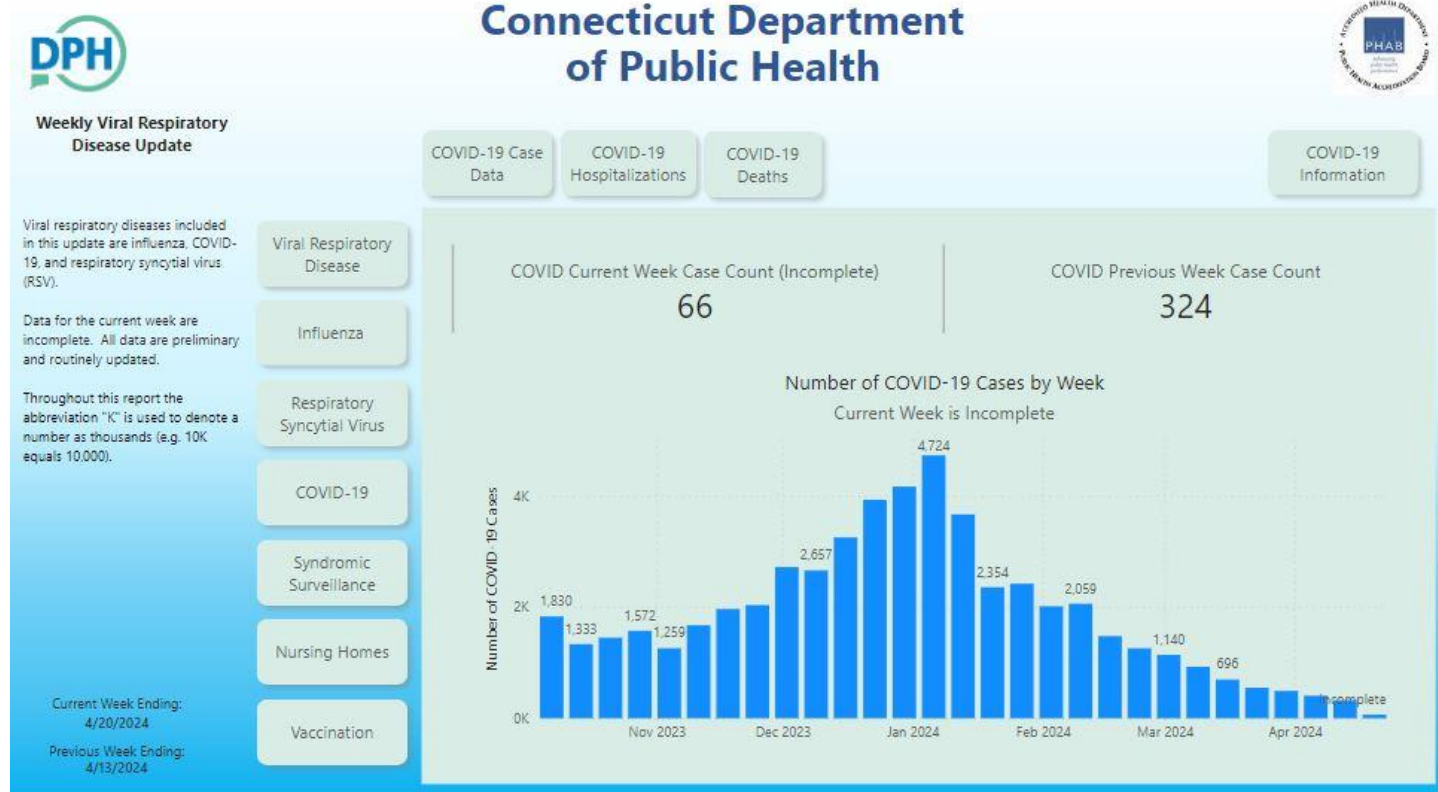
Adults at highest risk for severe RSV disease include older adults, adults with chronic medical conditions such as heart or lung disease, weakened immune systems, or certain other underlying medical conditions, or who live in nursing homes or long-term care facilities.

CT Statewide RSV Cases week ending 4/20/24



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

CT Statewide COVID-19 Cases week ending 4/20/24



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

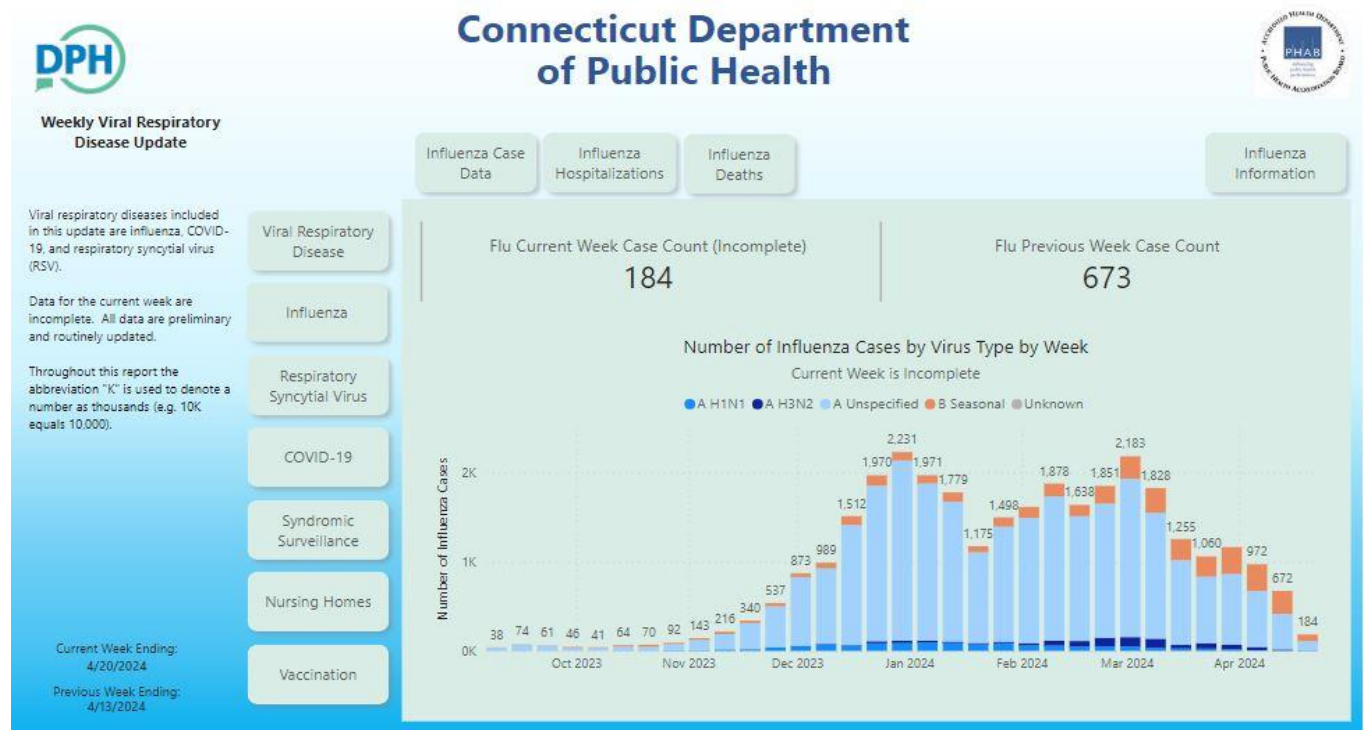
Influenza

While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses typically circulate during the fall and winter during what's known as the flu season. Most of the time flu activity peaks between December and February, although significant activity can last as late as May.

The "peak month of flu activity" is the month with the highest percentage of [respiratory specimens](#) testing positive for influenza virus infection during that flu season. Flu activity most often peaked in February, followed by December, then January and March.

<https://www.cdc.gov/flu/about/season>

CT Influenza Disease Summary week ending 4/20/24



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

Center for Disease and Control (CDC) Guidelines for Respiratory Illness

Preventing Spread When You're Sick: What to know?

Taking steps to prevent the spread of respiratory viruses when you are sick is a core prevention strategy to lower risk from respiratory viruses. Core prevention strategies are important steps you can take to protect yourself and others from respiratory viruses.

When you may have a respiratory virus... Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.

- o You can go back to your normal activities when, for at least 24 hours, both are true:
 1. Your symptoms are getting better overall, and
 2. You have not had a fever (and are not using fever-reducing medication).
- o When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.
 - ♣ Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
 - ♣ If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

If you never had symptoms but tested positive for a respiratory virus: You may be contagious. For the next 5 days: take added precaution, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

Source: <https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

For more information on Respiratory Guidance, access:

<https://www.cdc.gov/respiratoryviruses/guidance/respiratory-virus-guidance.html>

Vaccination

Residents are encouraged to receive vaccination for preventable diseases, including COVID-19, RSV and Influenza. Vaccination will reduce the severity of illness and reduce your chances of becoming infected. Contact your primary care provider concerning vaccination.

Additional Information

To find vaccine near you: <https://www.211ct.org/>

In the “search box” type “Flu Vaccine” and your zip code

Additional Vaccines: <https://www.vaccines.gov/find-vaccines/>

COVID-19: To find vaccine near you: <https://www.vaccines.gov/search/>
Or Call 1-800-232-0233

Free COVID-19 Home Tests: <https://www.covid.gov/tests>

For RSV vaccines: talk to your healthcare provider

The staff of the Wallingford Health Department is always available for additional questions or concerns: at 203-294- 2065

General information: Healthclerk@wallingfordct.gov

Public Health Nurse: anne.bernick@wallingfordct.gov