In the State of Connecticut, for influenza, only PCR (polymerase chain reaction) results are reportable to the health department. The data shown in the figures of this report do not reflect the true number of influenza cases in the Central Connecticut Health District. The actual number of influenza cases are higher than reported due to the absence of antigen test results. The purpose of this report is to provide the community with situational awareness of influenza surveillance in our community.

A total of 504 laboratory-confirmed cases of influenza have been reported to the Central Connecticut Health District since September 3, 2022. 501 cases have been typed as influenza A. Of the 504 reported cases. Figure 1 below illustrates the trend of laboratory reportable influenza cases by age group within Central Connecticut Health District’s jurisdiction. There up to a two-week lag time in reporting, so rates can be higher than presented. It’s important to remember that data is preliminary and subject to change.

Figure 1
It appears that the spread of influenza among the school age group is slowing down, however there is an increase in the number of cases of those between the ages of 25-44 and those 65 years and older.

To help protect community members:

- Stay home when you are sick
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched surfaces or objects at least daily

Figure 2 shows the incidence of influenza of cases per 100,000 population among towns within the Central Connecticut Health District: Berlin (population 20,436), Newington (population 30,014), Rocky Hill (population 20,115), and Wethersfield (population 26,008). While the incidence of influenza appears to be slowing in the Berlin and Newington communities, Wethersfield and Rocky Hill are starting to see a subtle increase.

**Figure 2**

The map below is an influenza summary update from the Centers and Disease Control and Prevention (CDC). This map was prepared by the Influenza Division at the CDC based on ILINet data. The ILINet data system monitors outpatient visits for respiratory illness that includes fever plus a cough or sore throat, also referred to as ILI (influenza-like illness). This system does not reflect only laboratory confirmed influenza and may capture patient visits due to other respiratory pathogens that cause similar symptoms. This map was updated on December 10, 2022.
We can keep our family and community members healthy by getting vaccinated and wearing mask if you plan on attending large gatherings. Contact our health educator, Betty Murphy, at (860) 785-8380 x 210 or email her at bmurphy@ccthd.org if you are interested in obtaining N95 masks for your protection.

For more information on influenza please visit:

CDC’s Key Facts on Influenza
https://www.cdc.gov/flu/about/keyfacts.htm#contagiousness

Connecticut Influenza Surveillance and Statistics