



# CITY OF NEW BRITAIN

EST. 1871

HEALTH DEPARTMENT

WWW.NEWBRITAINCT.GOV

## Monthly Viral Respiratory Diseases Update

Written on 04/02/2024

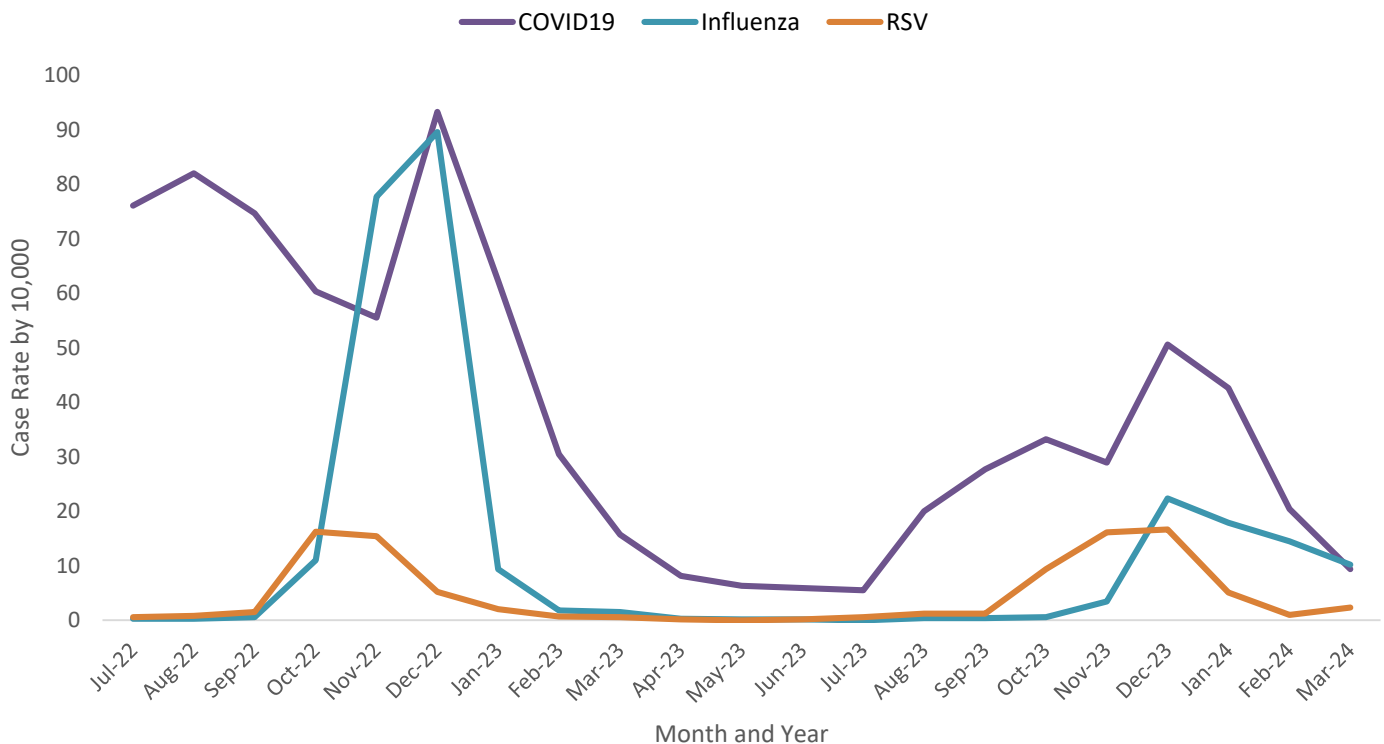
This report brings up-to-date data on viral respiratory diseases (VRD) in New Britain, CT. In addition, information and resources regarding VRD. VRDs included in this report are COVID-19, influenza and respiratory syncytial virus (RSV). VRD 2023-2024 season in this report starts on September 2023 until April 2024. Data in this report was collected from Local Health Department Portal surveillance system provided by Connecticut Department of Public Health (CT DPH).

### Case Summary: New Britain

The New Britain Health Department is providing immunization for Influenza for New Britain residents and employees. COVID-19 and RSV immunizations can be found in local pharmacies, physician’s offices and community health centers.

The graph below shows the case rate by 10,000 since July 2022 for COVID-19, Influenza and RSV in New Britain, CT.

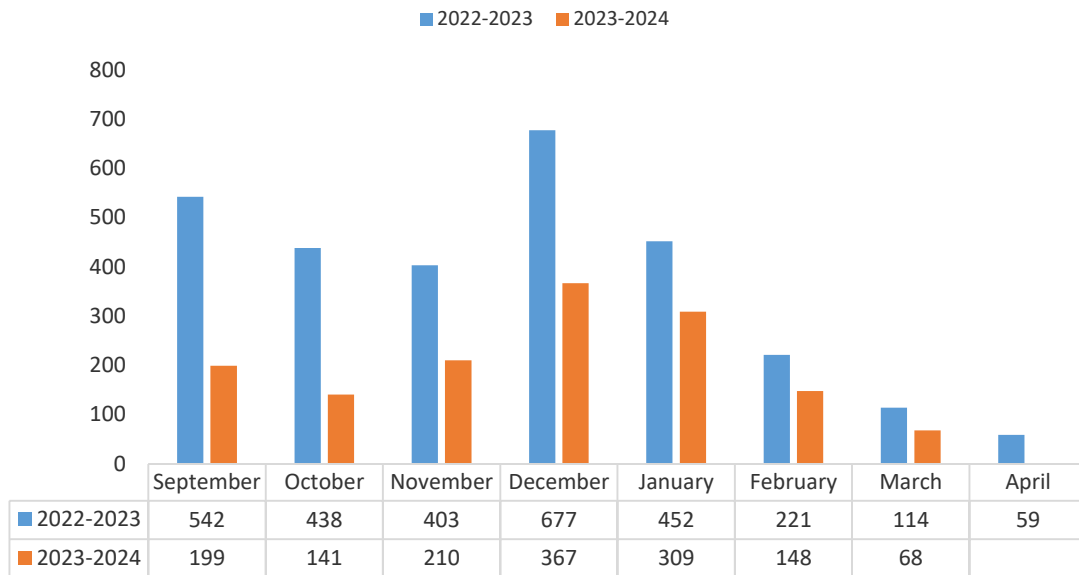
COVID-19, Influenza and RSV Case Rate in New Britain, CT



## COVID-19

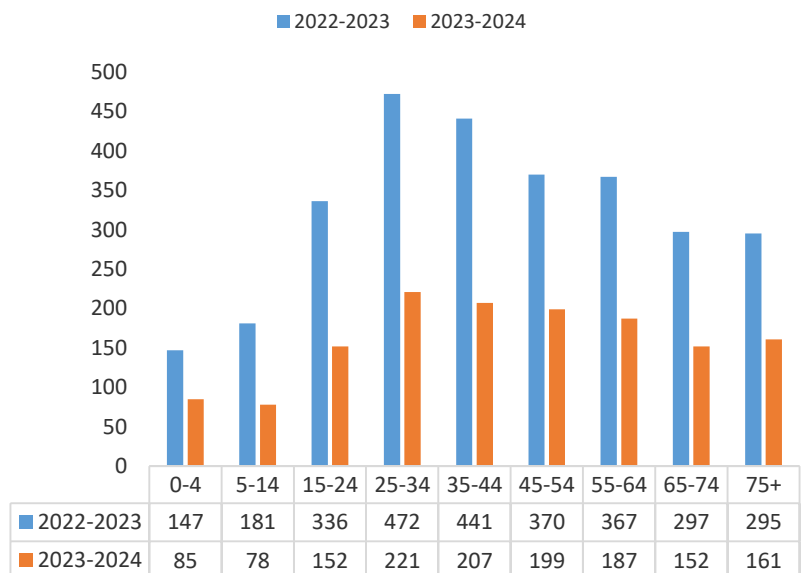
For the VRD 2023-2024 season, CT DPH reported 1,442 positive cases of COVID-19 in New Britain, 1,291 less cases reported than previous season at the same time frame (Sep-Mar).

Monthly COVID-19 Cases



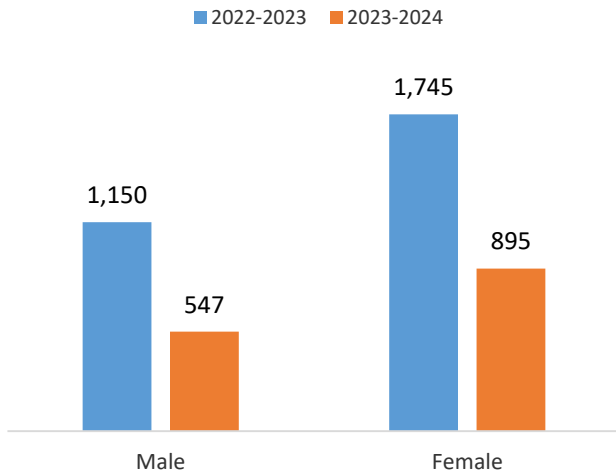
As of March 31<sup>st</sup>, 2024, the age group 25-34 has the highest number of cases of COVID-19 reported, with 221 (15.3%).

COVID-19 by Age Group

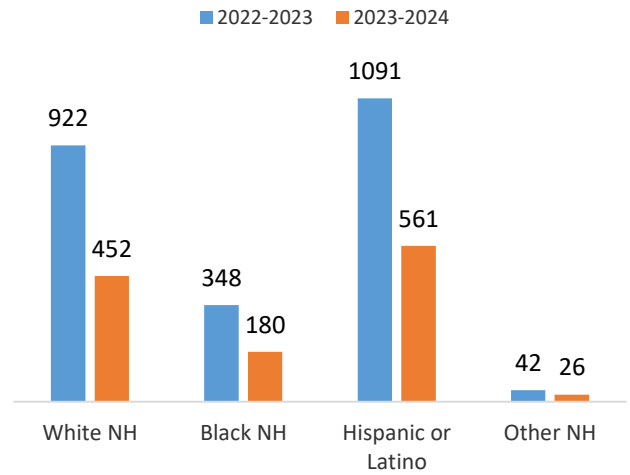


As of March 31<sup>st</sup>, 2024, 62.1% of reported COVID-19 cases are female (895), and 37.9% are male (547), and 46.0% are Hispanic or Latino (561), followed by 37.1% White NH\* (452). NH= Non-Hispanic or Latino.

COVID-19 by Gender



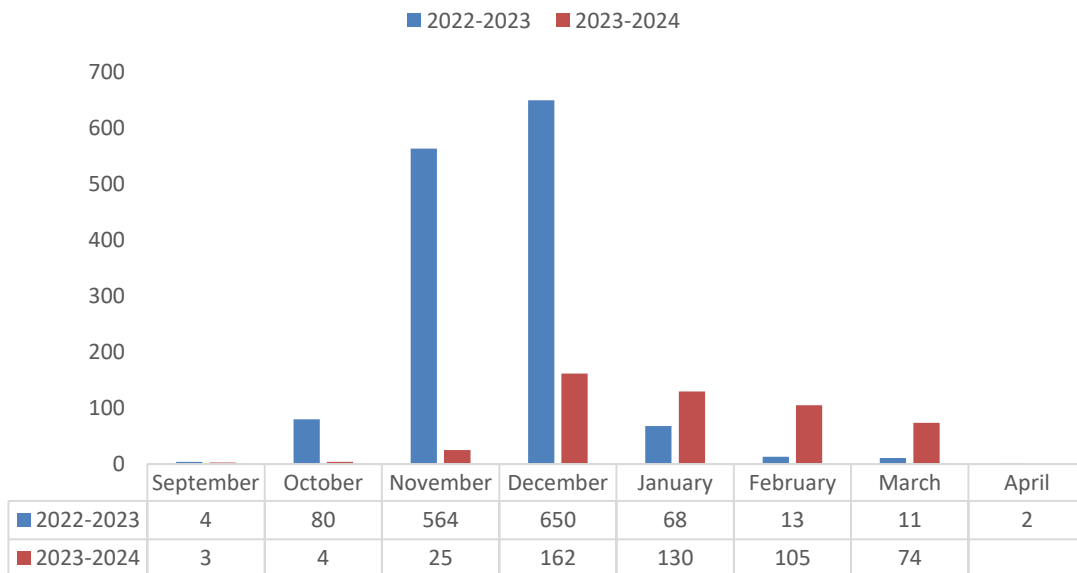
COVID-19 by Race and Ethnicity



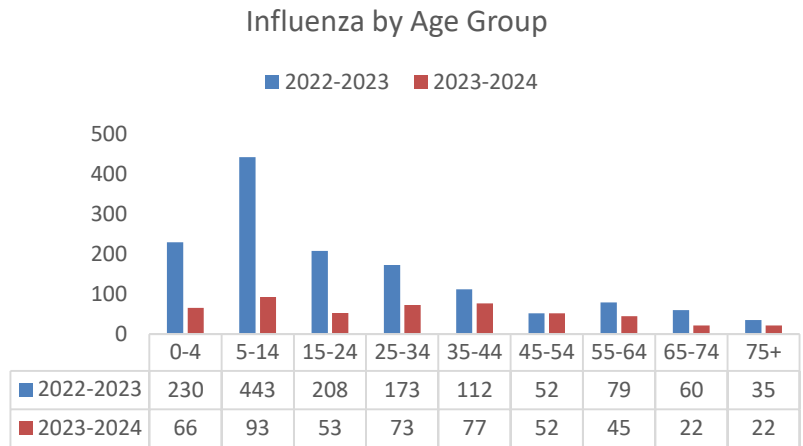
## Influenza

In December of 2022, CT DPH reported 650 cases of Influenza in New Britain, the highest number for the Flu Season 2022-2023. For the Flu Season 2023-2024, December had the highest number of cases, with 162. A 75% decrease in known cases when compared to previous year. Furthermore, as of March 31<sup>st</sup>, 2024, New Britain reported a total of 503 influenza cases.

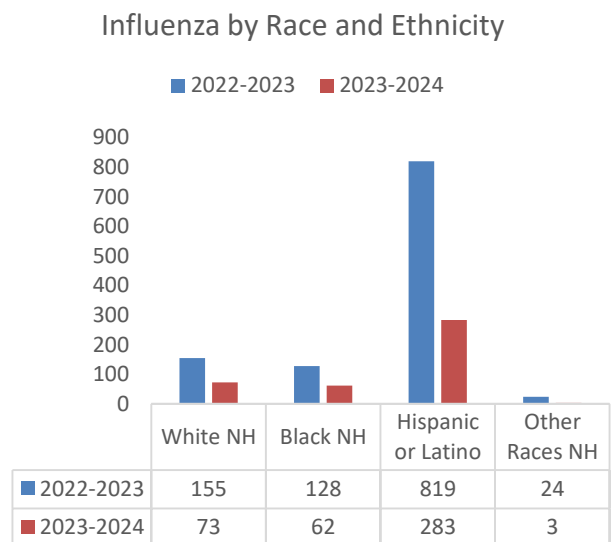
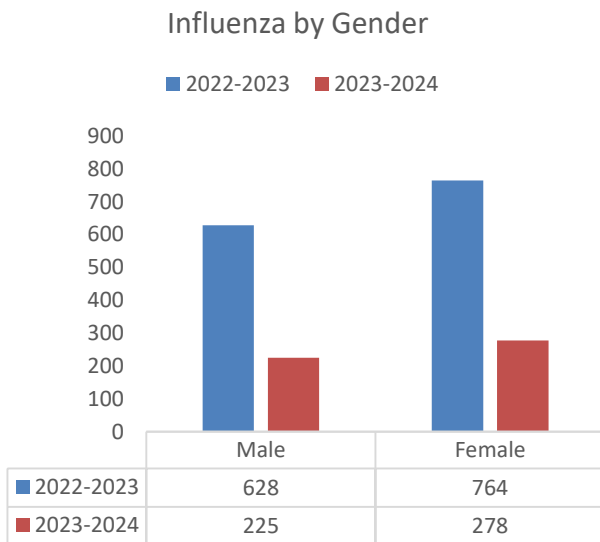
Monthly Influenza Cases



As of March 31<sup>st</sup>, 2024, the majority of influenza cases reported are between 5-14 (18.5%), with 93 cases reported.

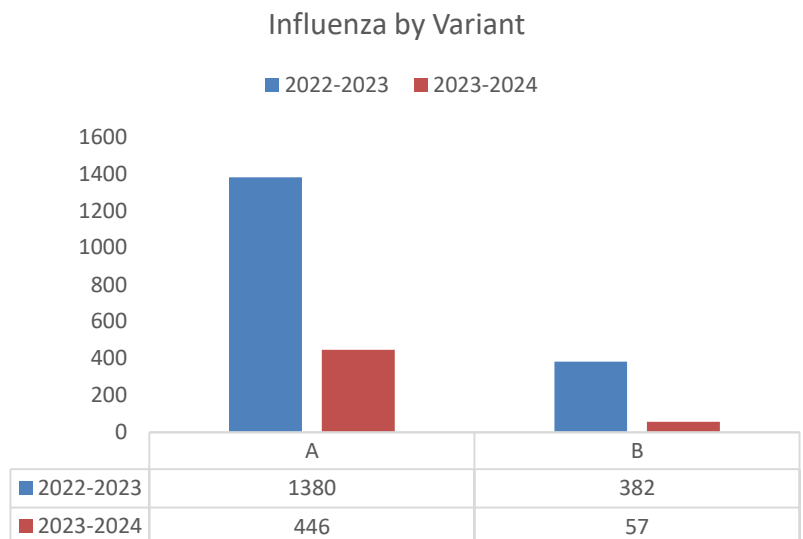


As of March 31<sup>st</sup>, 2024, 55.3% are female (278), and 44.7% are male (225). As for race and ethnicity, 67.2% are Hispanic or Latino (283), followed by 17.3% White NH (73), and 14.7% Black NH (62).



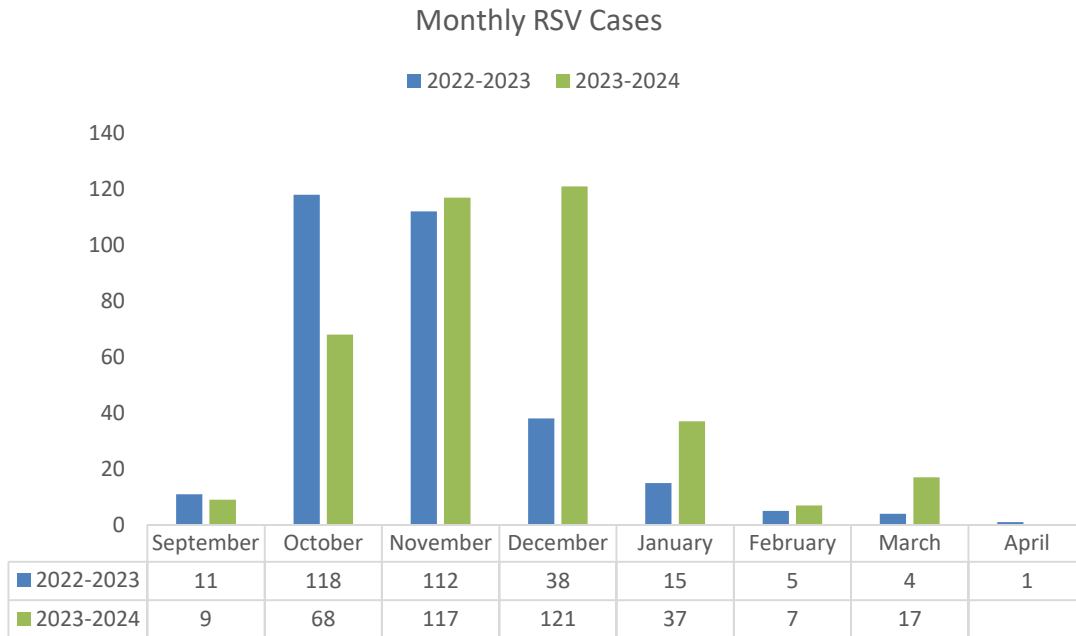
Influenza A and B viruses cause seasonal epidemics of disease in people (known as flu season) almost every winter in the United States. Flu A is much more common than Flu B. Flu symptoms are often more severe in type A than in type B.

In 2022-2023, 99.14% (1,380) of influenza cases were identified as Variant A. As of March 31<sup>st</sup>, 2024, the majority of influenza cases are from Variant A (446, 88.67%).



## RSV

From September 2022 to March 2023, New Britain reported 303 cases of RSV. From September 2023 to March 2024, 376 cases were reported, with the highest number of cases in December 2023 (121 cases).



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.<sup>1</sup>

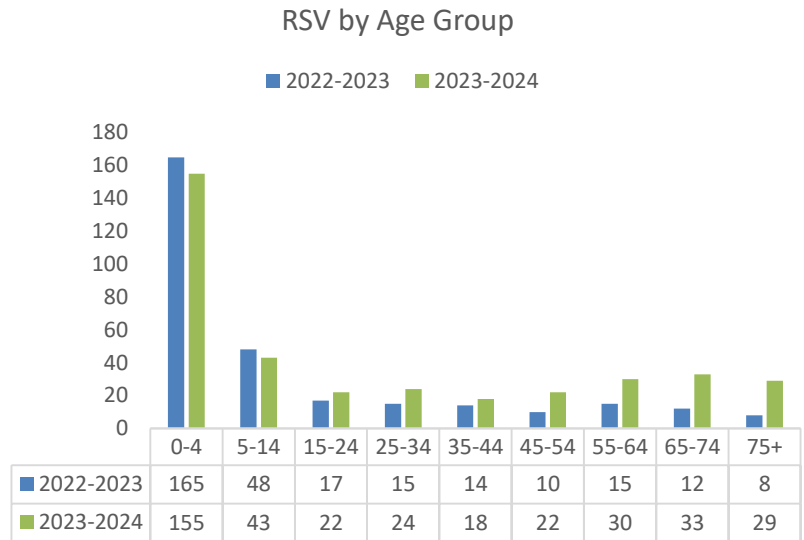
Effective October 1<sup>st</sup>, 2023, the Commissioner of the CT DPH amended the List of Reportable Diseases, Emergency Illnesses and Health Conditions to include RSV hospitalizations and deaths. COVID-19 and influenza hospitalizations and deaths are already reportable.<sup>2</sup>

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.<sup>1</sup>

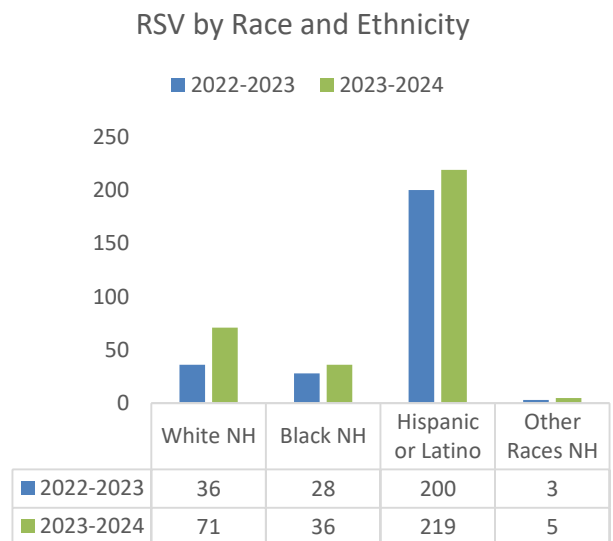
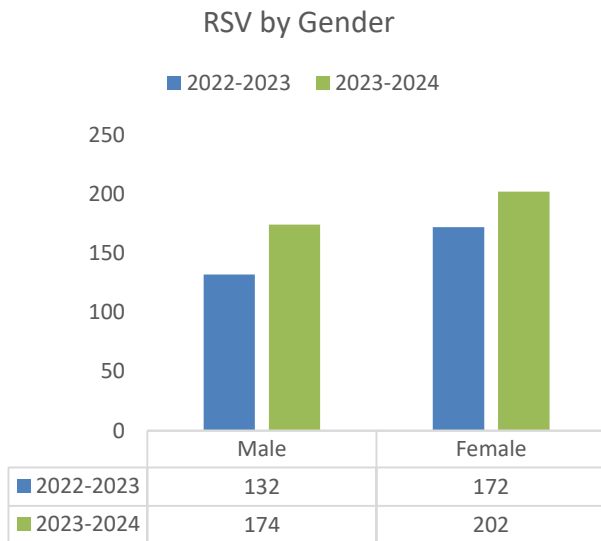
<sup>1</sup> <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/rsv.html>

<sup>2</sup> <https://portal.ct.gov/DPH/Epidemiology-and-Emerging-Infections/CTEPI/Volumes/43/Vol-43-No-7/October-2023-Supplemental-Issue-Page-1>

As of March 31<sup>st</sup>, 2024, the age group with the highest cases is 0-4, with 155 cases (41.2%).



As of March 31<sup>st</sup>, 2024, 53.7% of RSV cases are female (202), and 46.3% are male (174). There were 219 cases of Hispanic or Latino reported (66.2%), followed by 71 White NH (21.3%), and 36 Black NH (10.9%).



**Connecticut - Weekly Viral Respiratory Disease Case Summary by CT DPH**

**For the week ending: 03/30/2024**

Disease	COVID-19	Influenza	RSV
Current Week	154	389	25
Previous Week	441	721	49
Season Total to Date	52,811	24,416	13,716

Source:

<https://app.powerbigov.us/view?r=eyJrIjoiaZmZiN2RIOTMtNGJiNS00Nzk5LWE3ZmEtNGUxMTM4YTUzNGFjIiwidCI6IjExOGI3Y2ZlLWEzZGQtdNDhiOS1iMDI2LTMxZmY2OWJiNzY4YjY5>

## Information and Resources for New Britain residents

- March 9<sup>th</sup>, 2024: **The Free COVID-19 Test Program Has Been Suspended**

Ordering through the covidtests.gov program has been suspended. The program is no longer accepting orders. All orders placed before 3:00 am Eastern on March 9 will be delivered.

This effort was part of a federal program to provide free at-home COVID-19 tests with free shipping to every residential address and residential PO Box™ in the United States. **COVID-19 PCR Test**

Source: <https://faq.usps.com/s/article/At-Home-COVID-19-Test-Kits>

- **COVID-19 Testing**

**1. The Hospital of Central Connecticut:** According Hartford HealthCare/GoHealth Urgent Care website, they offer same-day COVID-19 diagnostic and antibody testing at all of [Hartford HealthCare GoHealth urgent care centers](#), as well as COVID-19 rapid testing at select centers.

Source: <https://hartfordhealthcare.org/health-wellness/coronavirus/covid-testing>

**2. Find COVID-19 testing locations:** access: <https://testinglocator.cdc.gov/>, click on “Start your search”, type your zip code, and click on “search”, a list of available locations offering testing will be available. It is recommended to call or schedule an appointment before going to the location to confirm

Source: Coronavirus (COVID-19) Testing: <https://www.hhs.gov/coronavirus/testing/index.html>

- **Vaccines**

**1.** Access [Vaccines.gov](https://www.vaccines.gov) to find a location near you, then call or visit their website to make an appointment.

- **Find a COVID-19 vaccine near you:** <https://www.vaccines.gov/search/>
- **Find a Flu vaccine near you:** <https://www.vaccines.gov/find-vaccines/>
- **For RSV vaccines:** talk to your healthcare provider

**2. Hartford HealthCare Neighborhood Health:** The mobile “CareVan” visit and operate daytime health clinics at specifically chosen locations every week. They offer a variety of health services including screenings, mental health counseling, medical referrals, education and support. The Pfizer 2023-2024 COVID-19 vaccine and several other non COVID immunizations are also available.

- **Locations & Hours:**
- New Britain Housing: Graham Building, 107 Martin Luther King Dr., New Britain, 4/30/24 10AM - 3PM
- For other locations access: <https://hartfordhealthcare.org/health-wellness/neighborhood-health>

Source: <https://hartfordhealthcare.org/health-wellness/neighborhood-health>

## Centers for Disease Control and Prevention (CDC) New Guidelines for Respiratory Illnesses

- **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.

- 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).
- 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/respiratory-viruses/guidance/respiratory-virus-guidance.html>