



# ESHD Epi Update

January 5, 2026

Madison Wierzel, MS, MPH, CIC

Epidemiologist



# ESDHD Epi Update

**1 National respiratory season update**

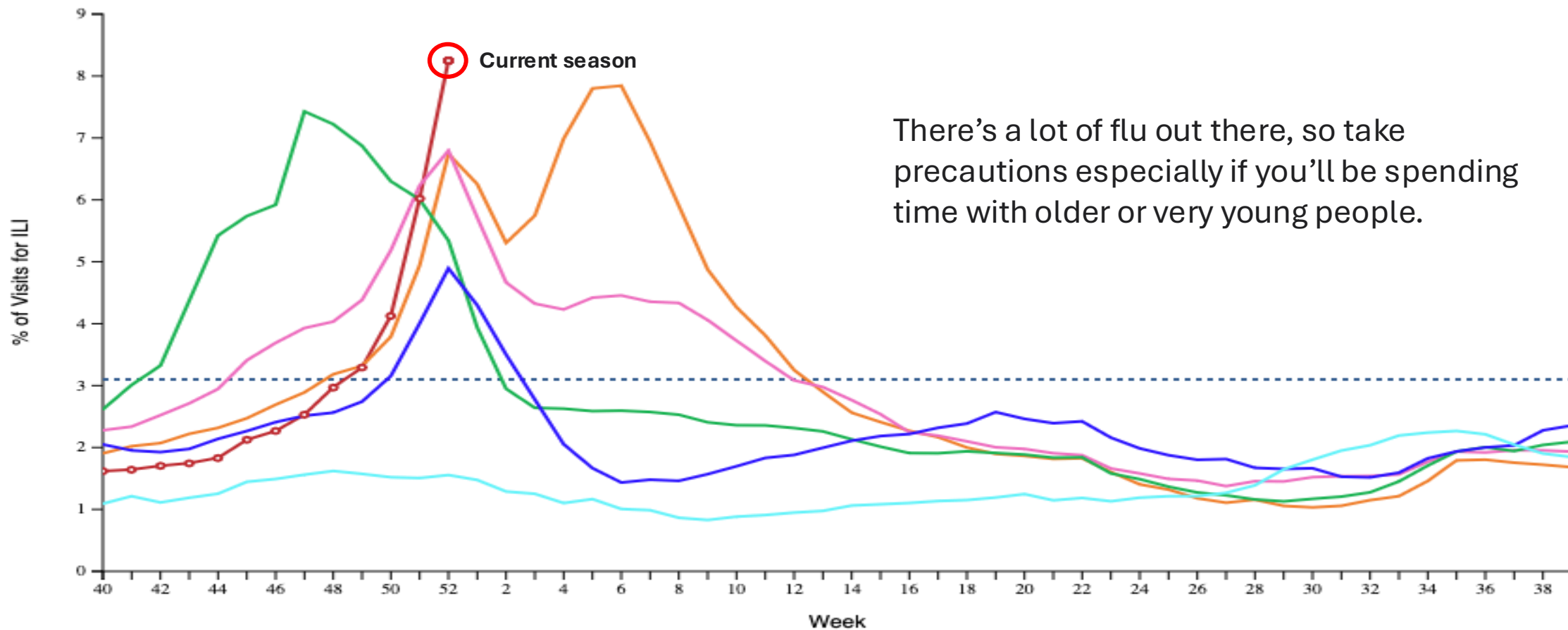
**2 Local respiratory virus summary**

**3 Overdose update**

**4 Suicide data update**

**5 Updates at a glance: H5N1, measles**

Percentage of Outpatient Visits for Respiratory Illness Reported by  
The U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet),  
Weekly National Summary, 2025-26 Season and Selected Previous Seasons

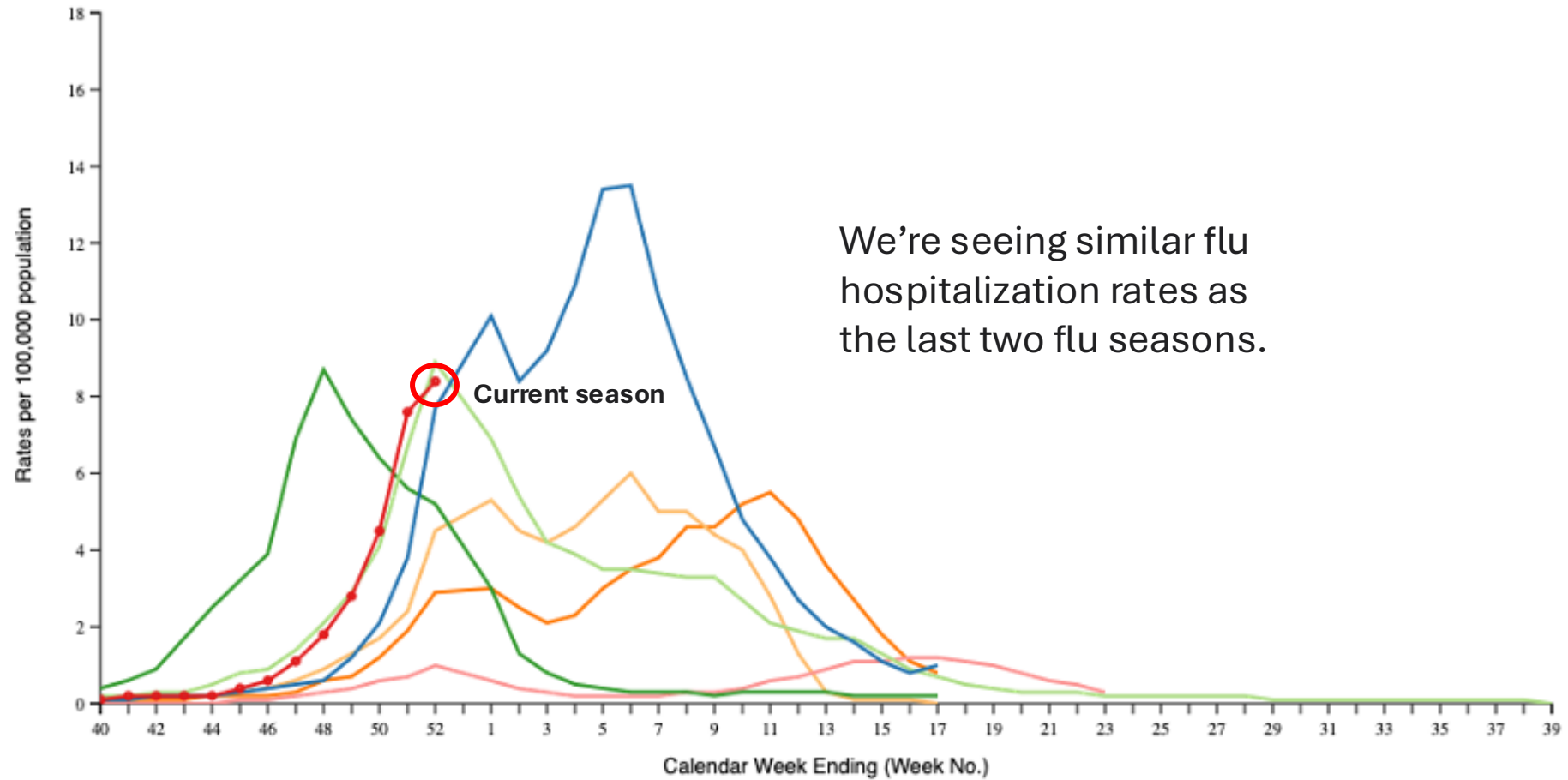


There's a lot of flu out there, so take precautions especially if you'll be spending time with older or very young people.

- ..... 2025-26 National Baseline
- 2025-26 Season
- 2024-25 Season
- 2023-24 Season
- 2022-23 Season
- 2021-22 Season
- 2020-21 Season

Source:  
<https://www.cdc.gov/fluview/surveillance/2025-week-52.html>

Laboratory-Confirmed Influenza Hospitalizations  
Preliminary cumulative rates as of Jan 05, 2026  
FluSurv-NET :: Entire Network :: Overall Age Group :: Weekly Rate



We're seeing similar flu hospitalization rates as the last two flu seasons.

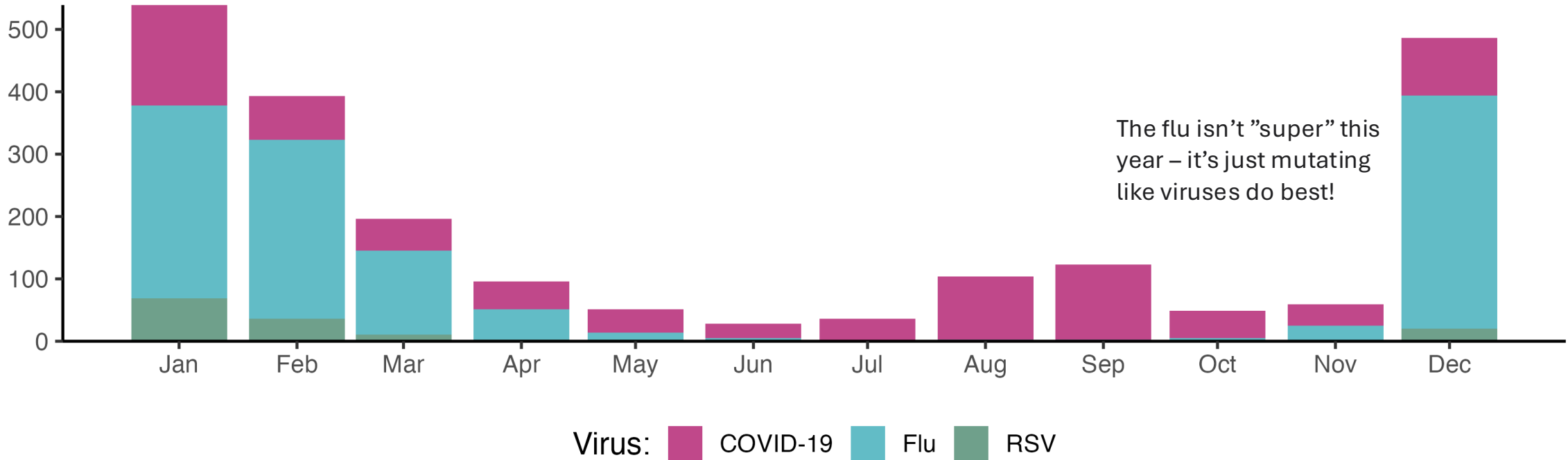
— 2025-26 — 2024-25 — 2023-24 — 2022-23 — 2021-22 — 2019-20 — 2018-19

Source:  
<https://www.cdc.gov/fluview/surveillance/2025-week-52.html>



# Respiratory Virus Cases

Respiratory Virus Case Counts by Month, 2025  
East Shore Health District



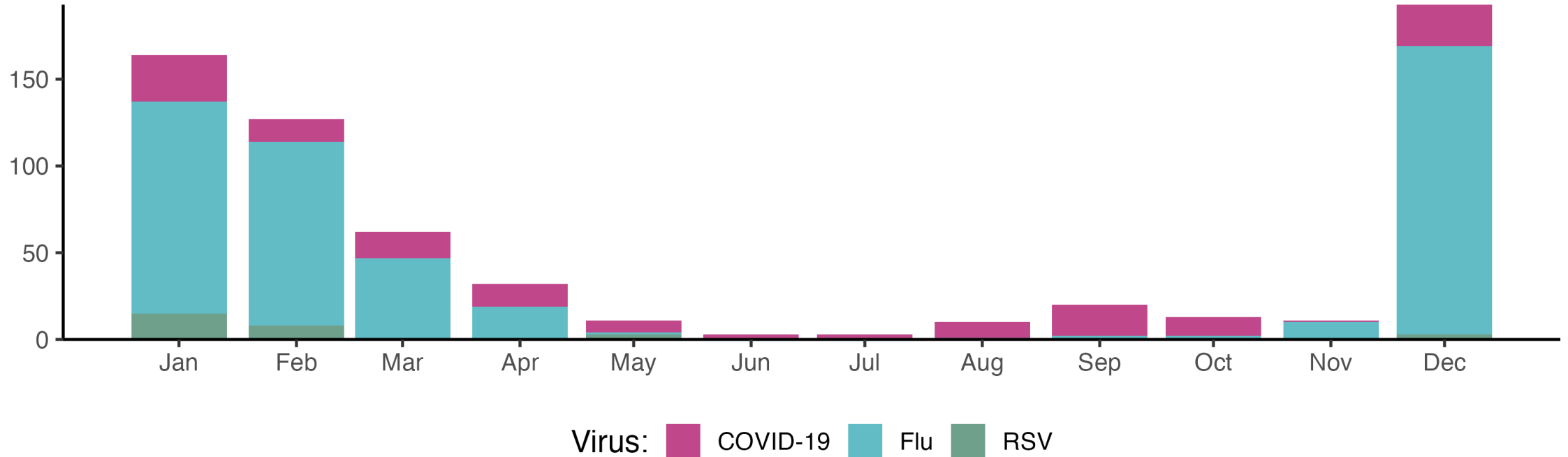
Data from CTEDSS.

**It's another rough flu season for us because flu, like COVID-19, can evolve and form new variants that get around our old immunity.**



# Respiratory Virus ER Visits

Respiratory Virus ER Visits by Month, 2025  
East Shore Health District



Data from EpiCenter.

**Flu is hitting us hard, so follow the usual respiratory virus recommendations like getting vaccinated, staying home when sick, and masking in crowded indoor places.**



# Overdoses in the District

\*\* Fewer than 7 cases are suppressed for privacy.

- It has thankfully been quiet on overdoses since the summer.
- No spikes in either fatal or nonfatal overdoses in any of our towns or across our district since May/June.

## Fatal and Nonfatal Overdoses in ESHD Coverage Area\*

Month	# Nonfatal Overdose	# Fatal Overdose
May	18	<7**
June	22	<7
July	14	<7
August	13	<7
September	<7	<7
October	10	<7
November	<7	<7
December	13	<7

\*Branford, East Haven, Guilford, Madison, North Branford  
Data from ODMAP, so numbers may be slightly off.

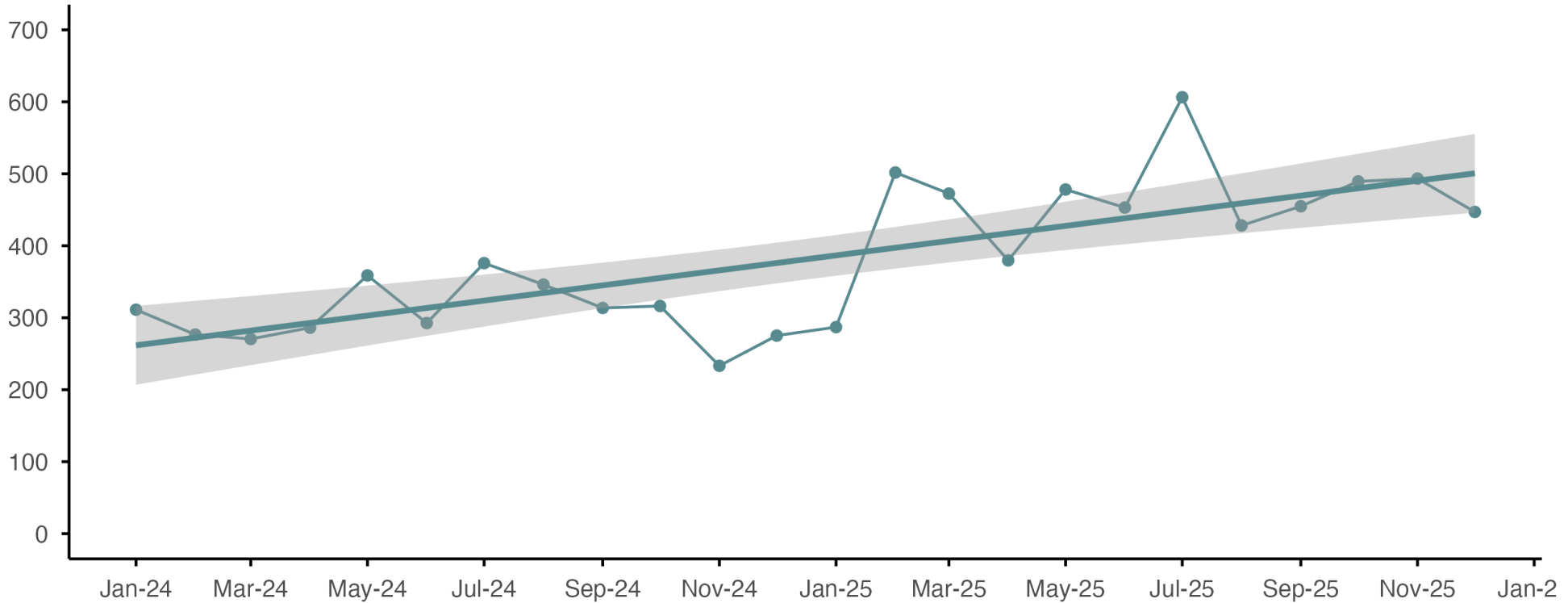
**All towns have had fewer than 5 overdoses per month (some 0) since the summer.**



# Suicidal Ideation – EpiCenter Data

Suicidal Ideation Rates per 10,000 ER Visits, January 2024 - December 2025

East Shore Health District



Data from EpiCenter. Data may differ from other reports due to additional data cleaning performed here.

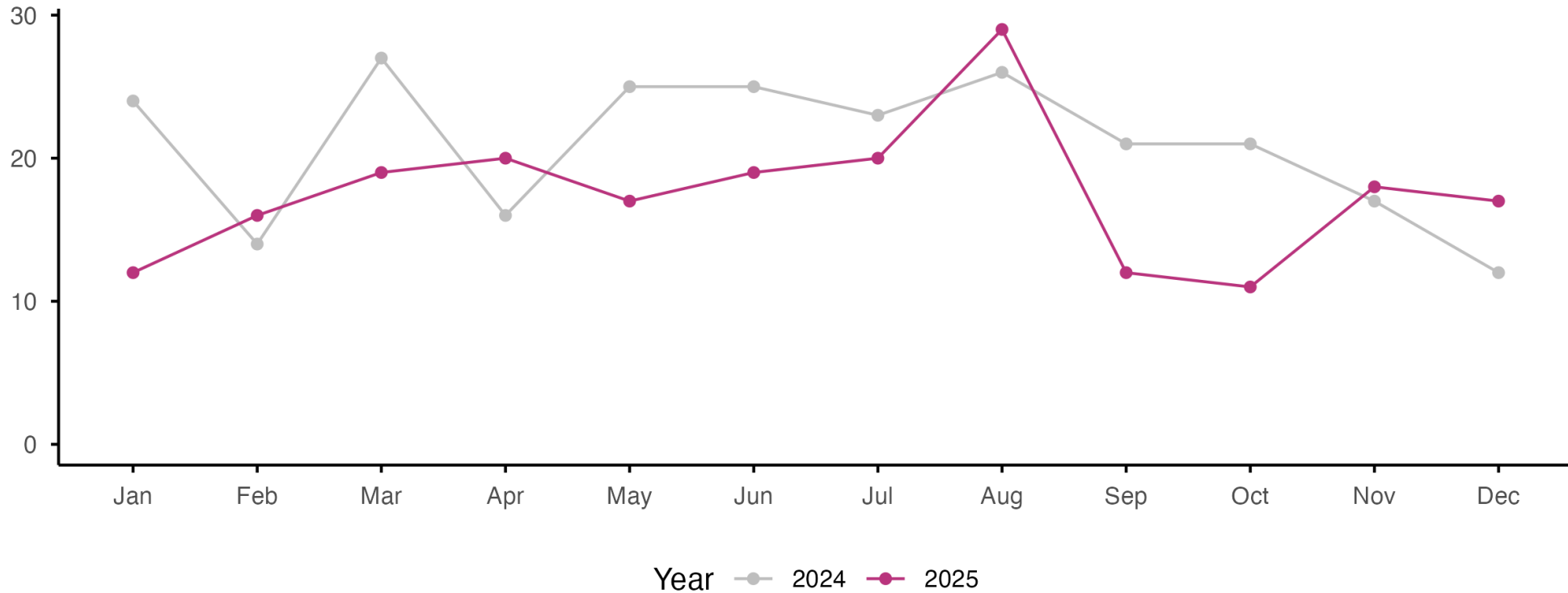
**Suicidal ideation rates continue to rise in our district.**



# Suicide Attempts – EpiCenter Data

Suicide Attempt Counts by Month, January 2024 - December 2025

East Shore Health District



Data from EpiCenter. Data may differ from other reports due to additional data cleaning performed here.

**Suicide attempt counts are generally lower this year vs. last.**



# At A Glance

## H5N1 – Bird Flu

- **No cases in CT residents.**
- Please continue being cautious around wild birds.
- To report sick or dead wild birds, contact [CT DEEP](#).
- For sick backyard poultry, contact [CT USDA](#).
- For those of you with backyard chickens, check out [USDA's Defend The Flock](#) page.

## Measles

- **One case in an unvaccinated Fairfield County child who had traveled abroad – December 2025.**
- Vitamin A and good nutrition do not prevent measles.
- Vaccination is the best way to prevent measles infection.

**So far, no additional measles spread in CT, and no bird flu cases.**



# Questions?

You can reach our epidemiologist Madison Wierzel, MS, MPH, CIC at [mwierzel@esdhd.org](mailto:mwierzel@esdhd.org) or (203) 745-7857.