



ESHD Epi Update

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February 11, 2026



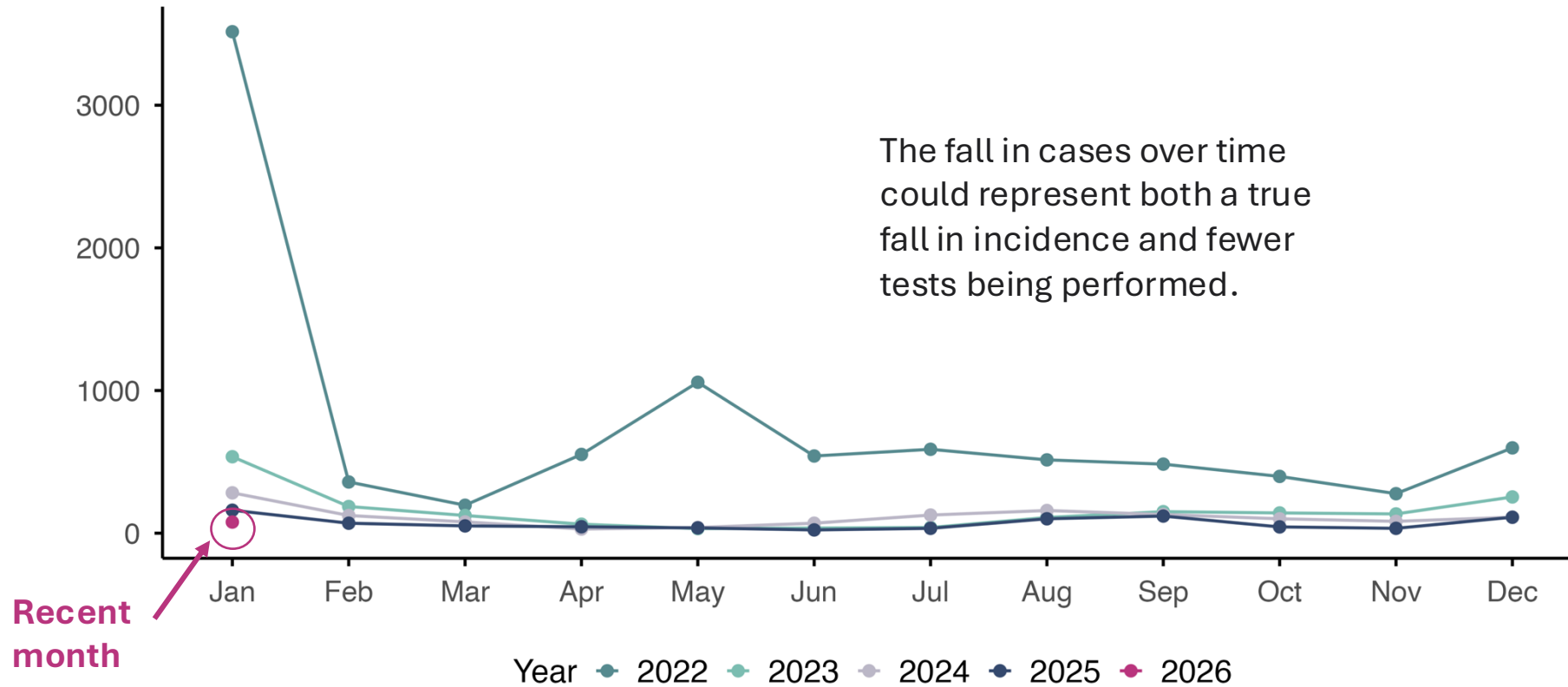
ESDHD Epi Update

- 1 Local respiratory virus summary
- 2 Overdose update
- 3 Suicide data update
- 4 Updates at a glance: H5N1, measles



Respiratory Virus Cases: COVID-19

COVID-19 Case Counts by Year
East Shore Health District



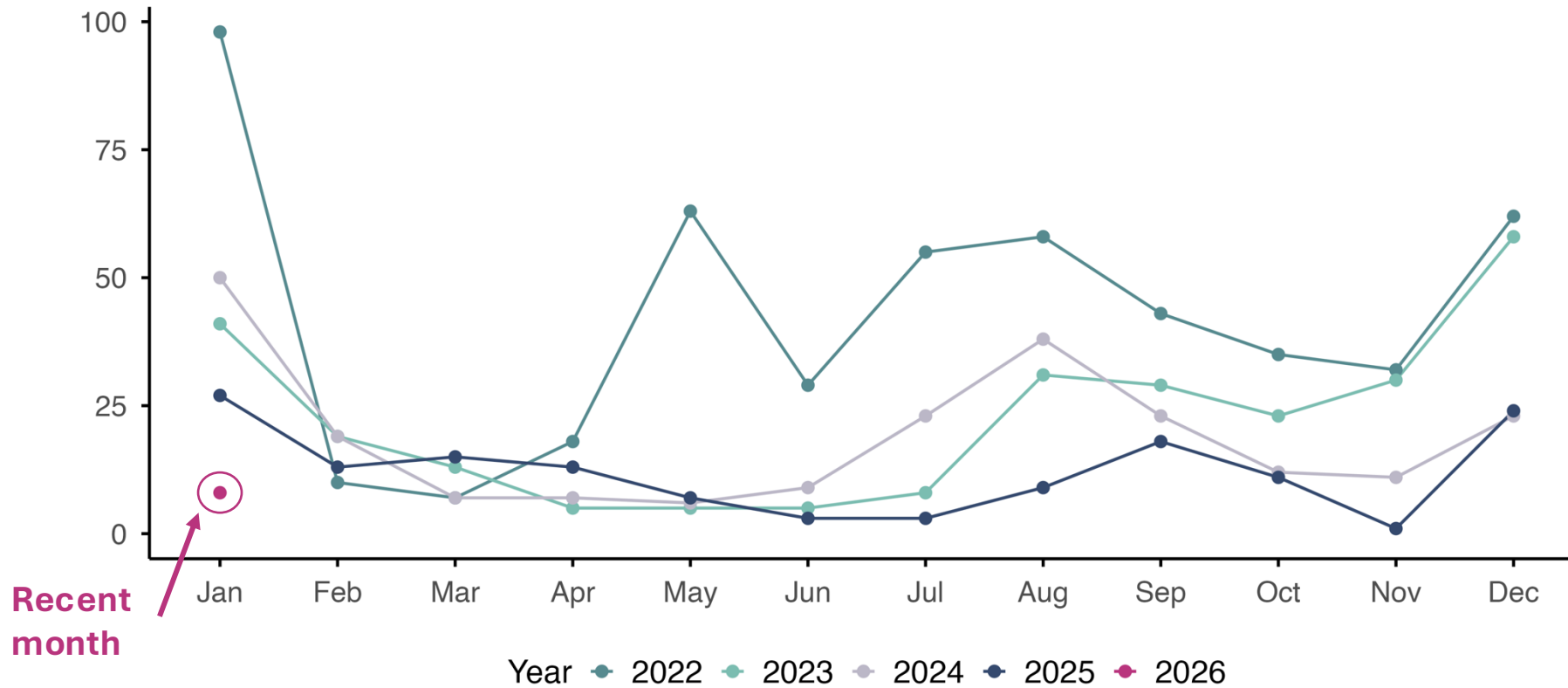
Data from CTEDSS.

COVID-19 cases have been falling year over year.



Respiratory Virus ER Visit Cases: COVID-19

COVID-19 ER Visit Counts by Year
East Shore Health District

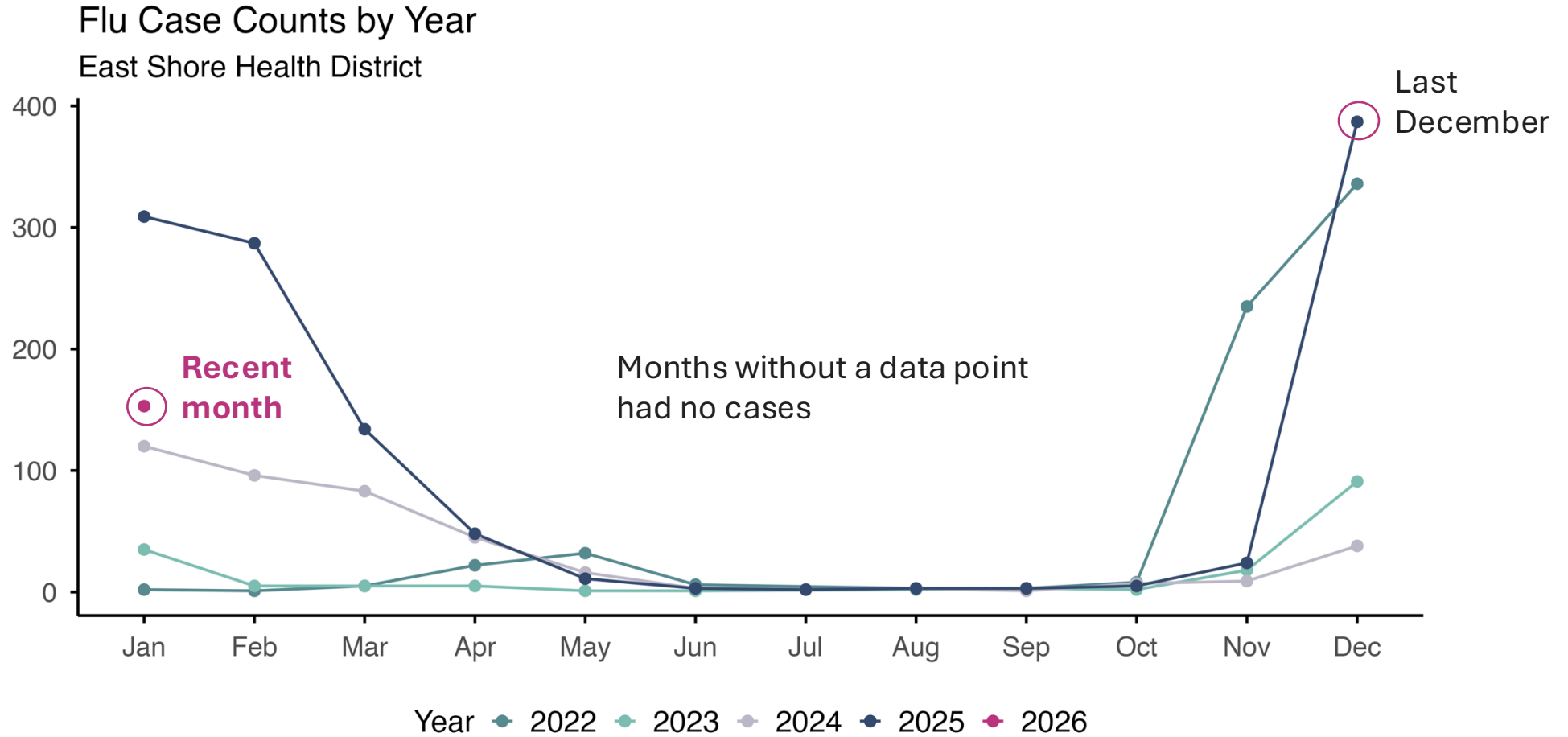


Data from Epicenter.

COVID-19 has caused fewer ER visits lately compared to prior years.



Respiratory Virus Cases: Flu



Data from CTEDSS.

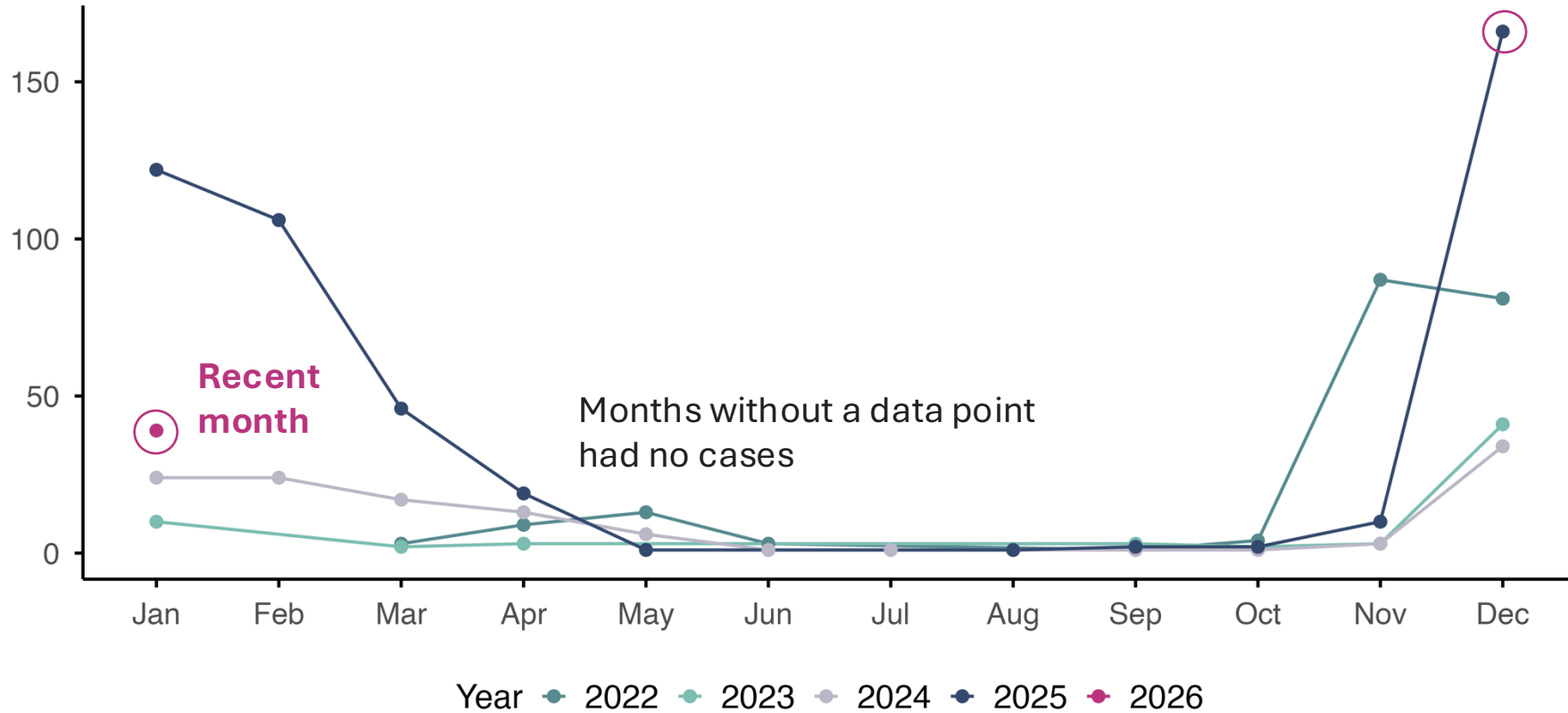
Flu cases are down after December's peak, but still on the higher end of recent years.



Respiratory Virus ER Visit Cases: Flu

Flu ER Visit Counts by Year

East Shore Health District



Last December had the highest number of flu-related ER visit in the last four years.

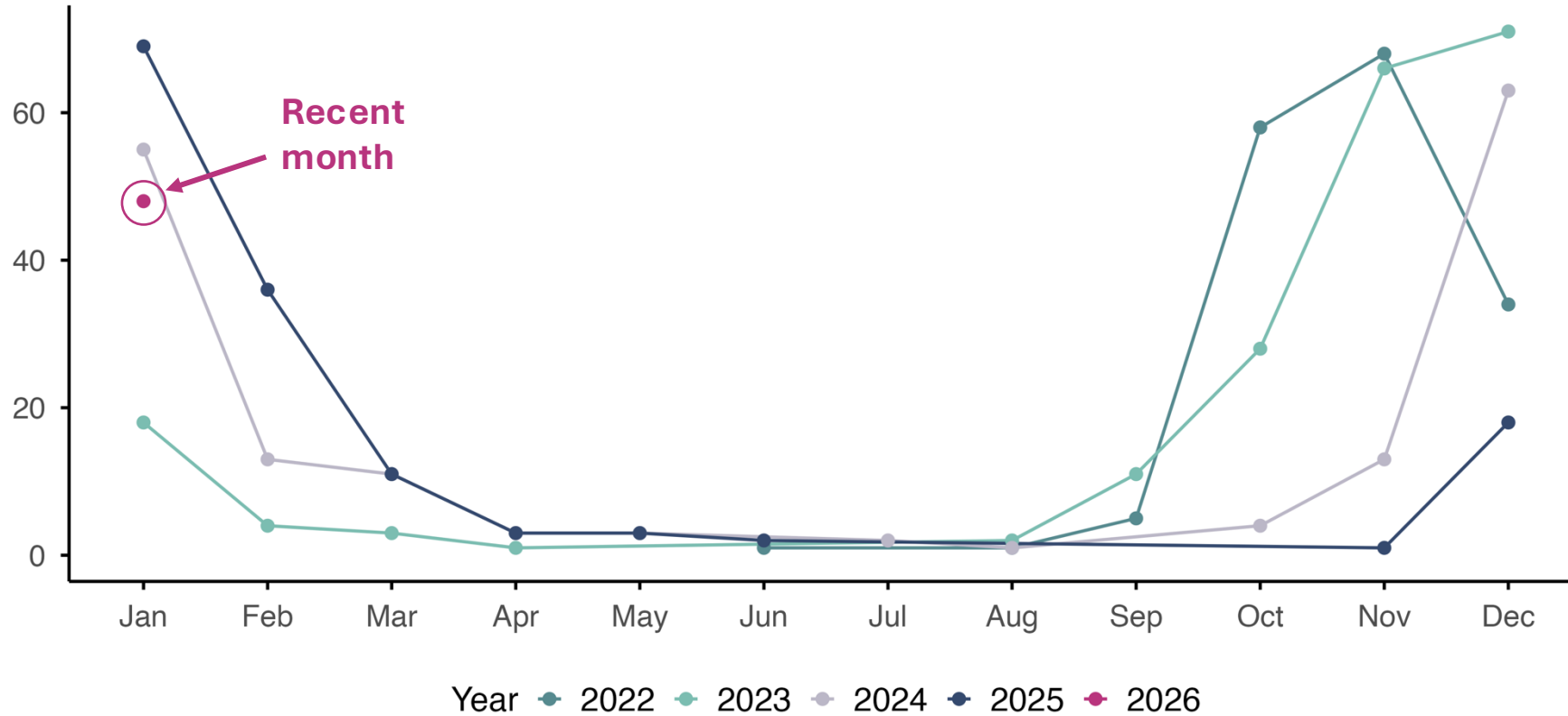
Data from Epicenter.

This flu season (Oct-Apr) has caused more ER visits than others in recent years.



Respiratory Virus Cases: RSV

RSV Case Counts by Year
East Shore Health District



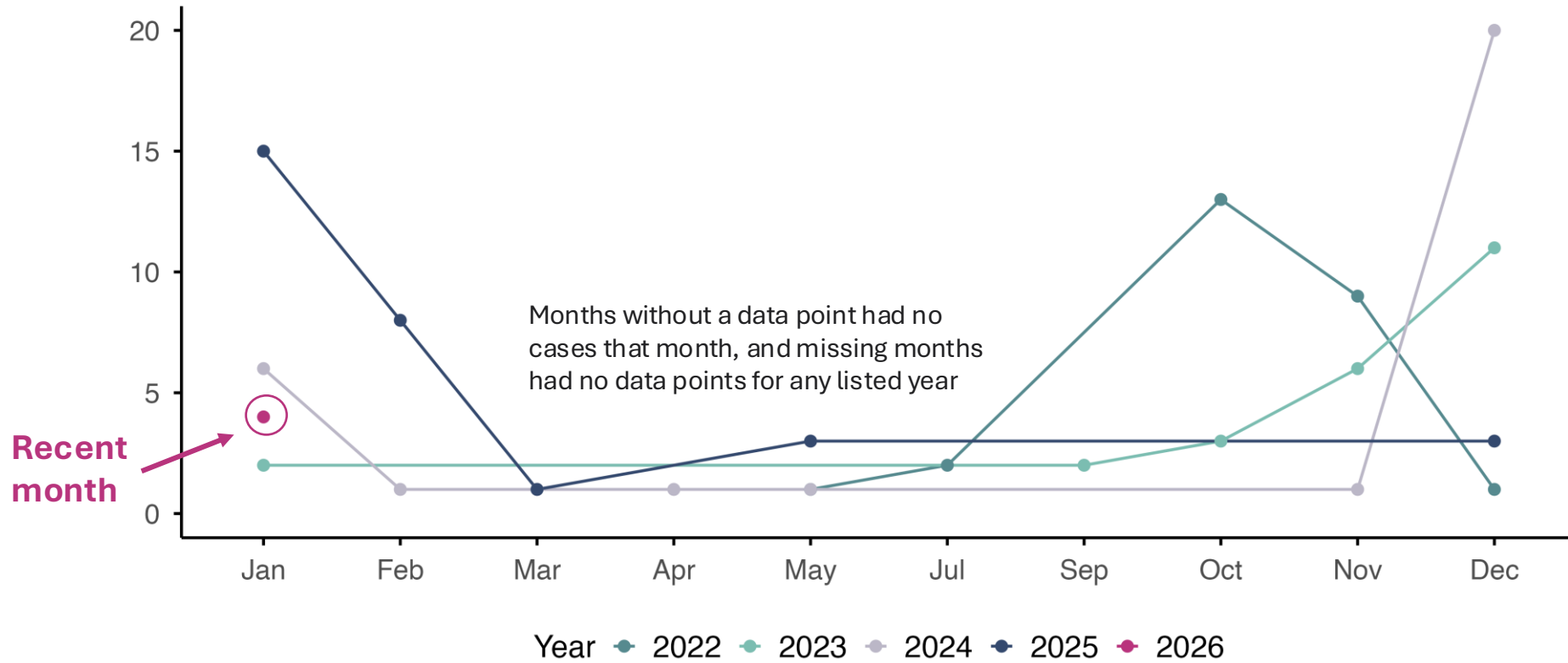
Data from CTEDSS.

RSV cases have been trending up over the last two months, but numbers are similar to recent years.



Respiratory Virus ER Visit Cases: RSV

RSV ER Visit Counts by Year
East Shore Health District



Data from Epicenter.

RSV has not been causing as many ER visits as past years.



Overdoses in the District

** Fewer than 7 cases are suppressed for privacy.

- It has been quiet with 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
January	10	<7

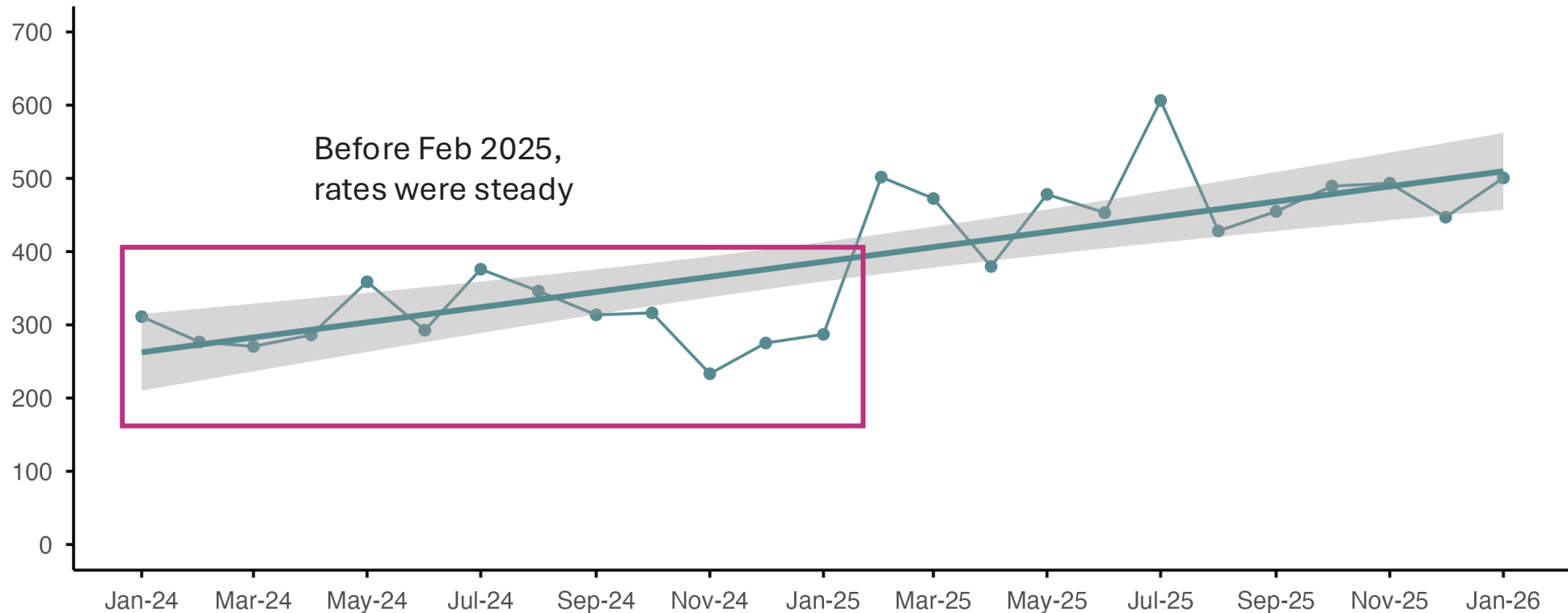
*Branford, East Haven, Guilford, Madison, North Branford
Data from ODMAP, so numbers may be slightly off.

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 - January 2026
East Shore Health District



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

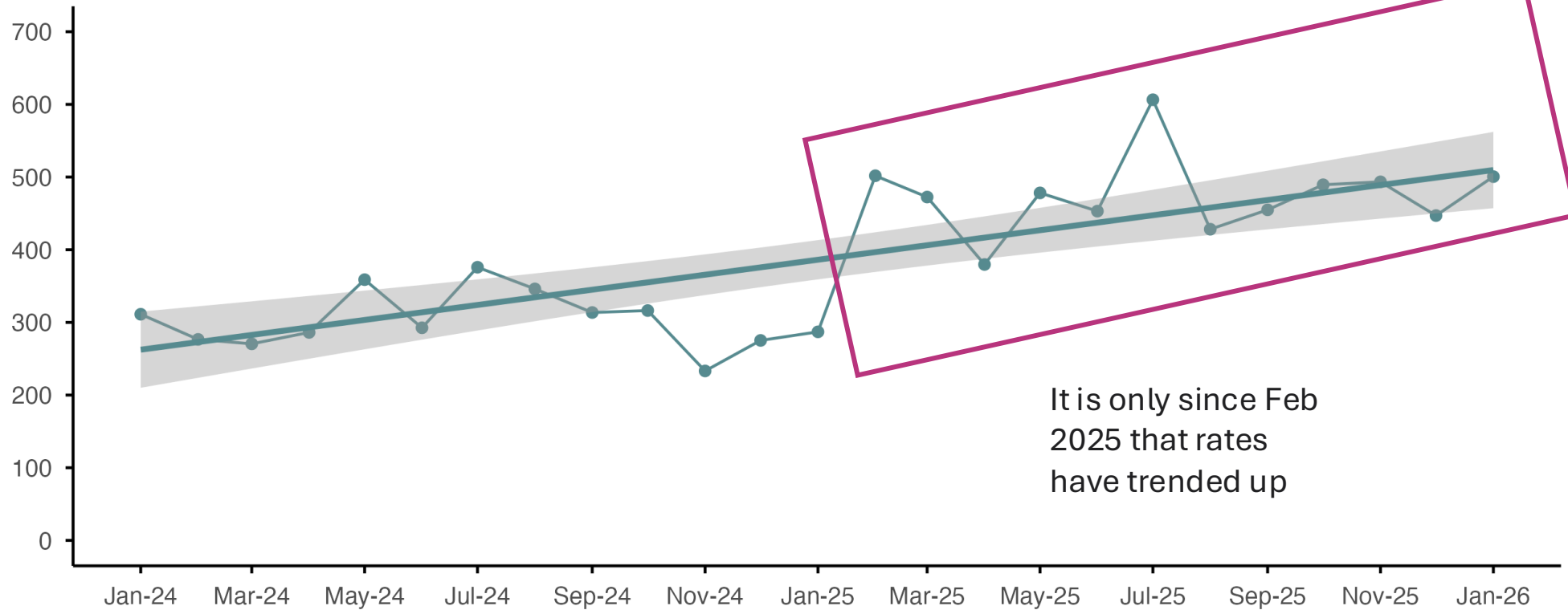
Suicidal ideation rates continue to rise in our district.



Suicidal Ideation – EpiCenter Data

Suicidal Ideation Rates per 10,000 ER Visits, January 2024 - January 2026

East Shore Health District



It is only since Feb 2025 that rates have trended up

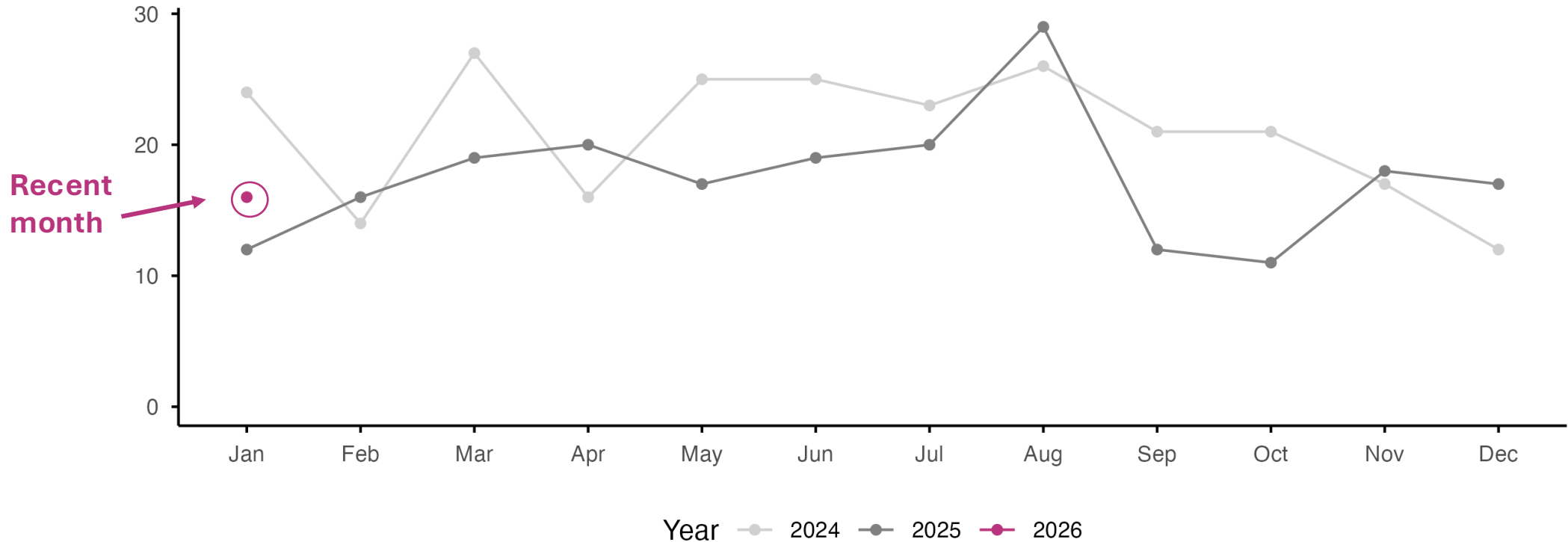
Data from EpiCenter. Data may differ from other reports due to additional data cleaning performed here.

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 in line with previous years.



At A Glance

H5N1 – Bird Flu

- **No cases in CT residents.**
- One testing event found 9 wild birds positive in CT over the last month.
- 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 human bird flu cases.



Questions?

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