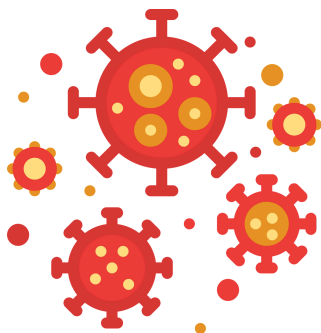


MILFORD HEALTH DEPARTMENT

COVID-19 MONTHLY REPORT

March 2024 Edition



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Overview

Cases · Deaths

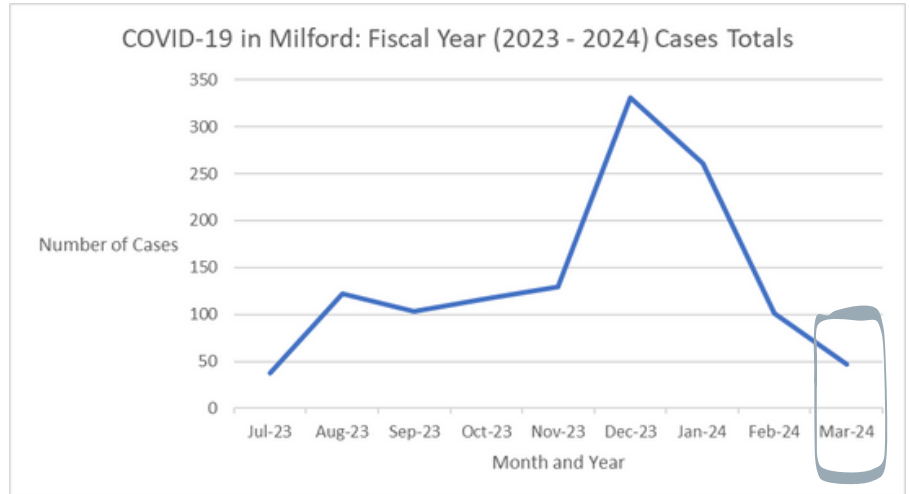


IN THIS MONTH...

47

COVID-19 CASES WERE REPORTED

FOLLOWING THE DATA

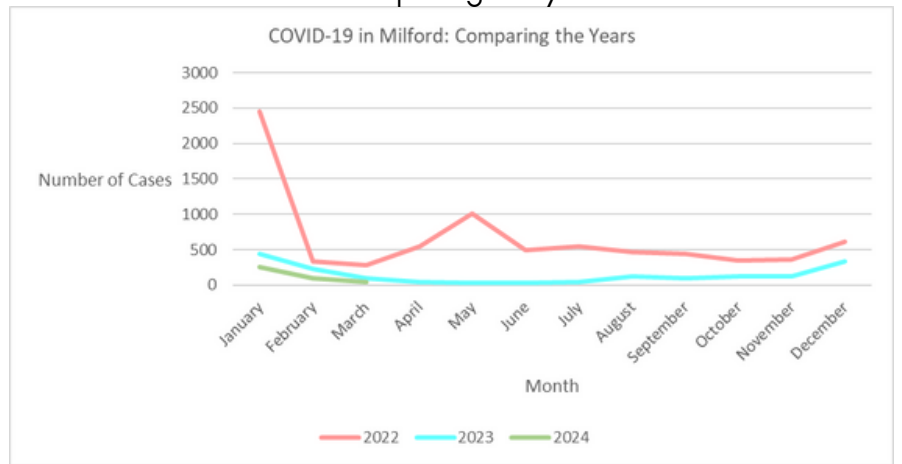


LET'S SEE THE NUMBERS...

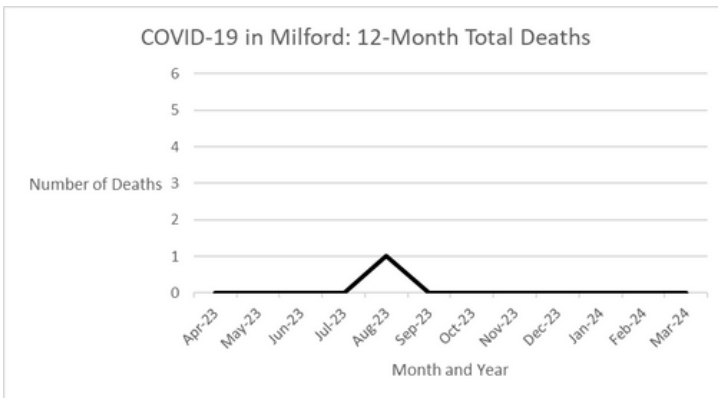
The number of cases has significantly fallen.

With only **47** cases for the month of March, the total is less than half the numbers for February (**101**) and March of the previous year (**100**). This decrease continues the trend observed.

Comparing the years:



COVID-19 in Milford: 12-Month Total Deaths



0

COVID-19 Deaths

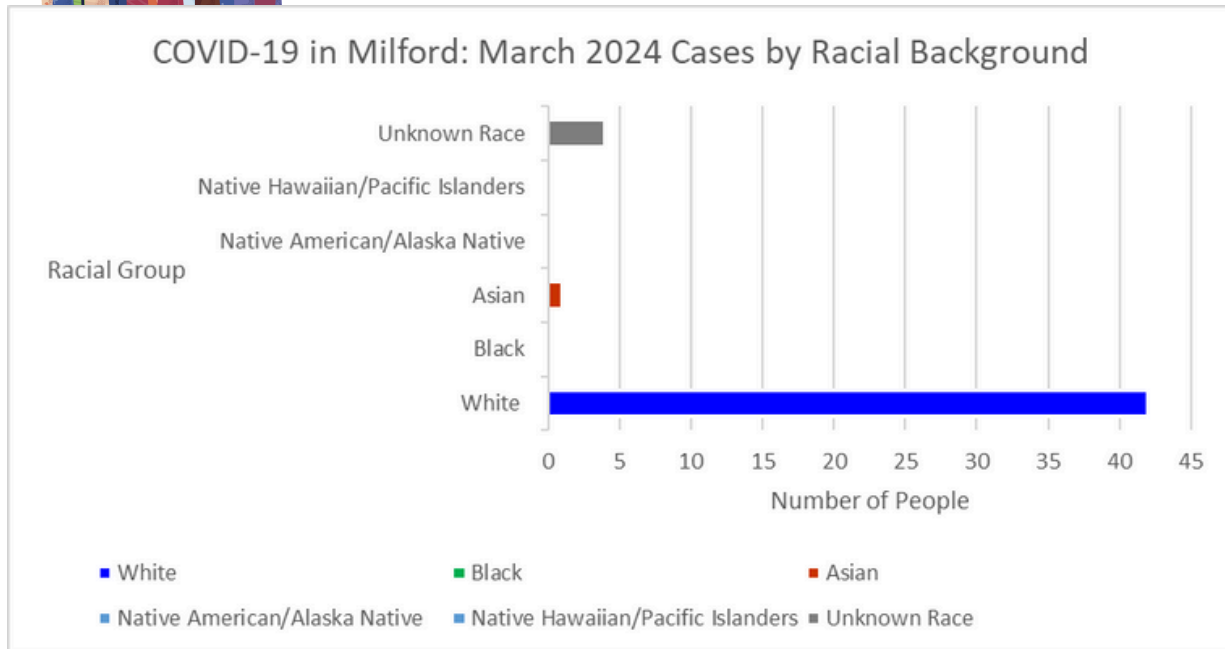
As has been the case for the last 7 months, there were no deaths attributed to COVID-19 in Milford in March.



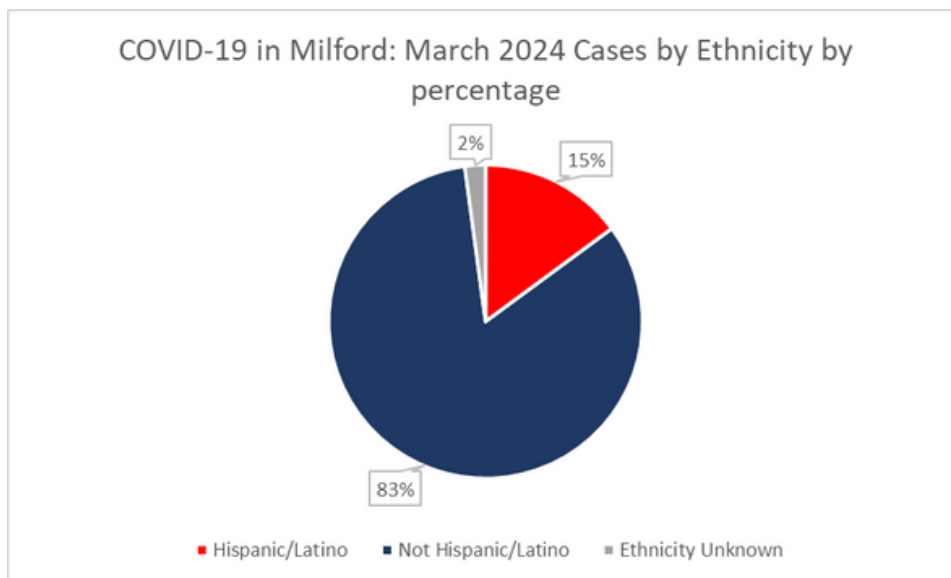
FOLLOWING THE DATA



Impact of COVID-19 by Racial and Ethnic Groups



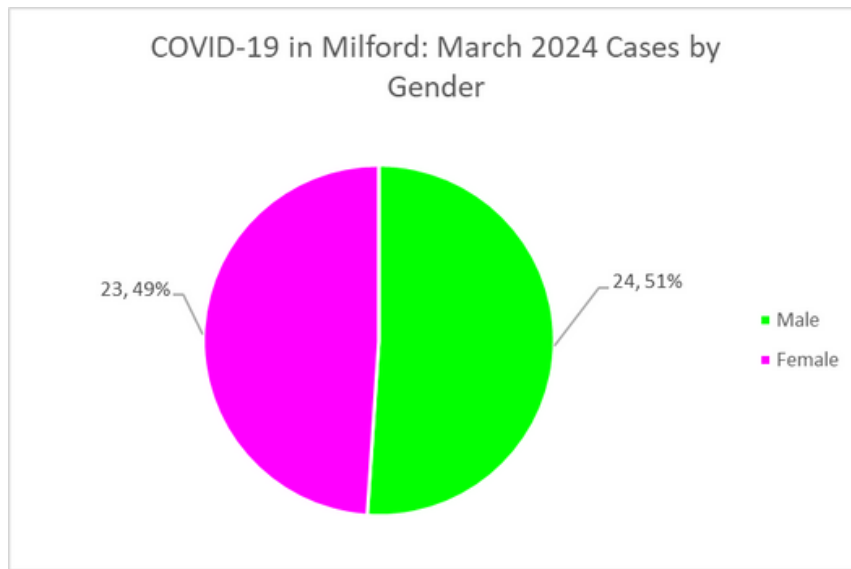
Around 89% of all cases were recorded in **White** Americans, and 2% were recorded in **Asian** Americans. No cases of COVID-19 were recorded among **Black**, **Native American/Alaska Native**, or **Native Hawaiian/Pacific Islander** Americans for this month. Additionally, 9% of cases were recorded among residents who did not report their racial background.



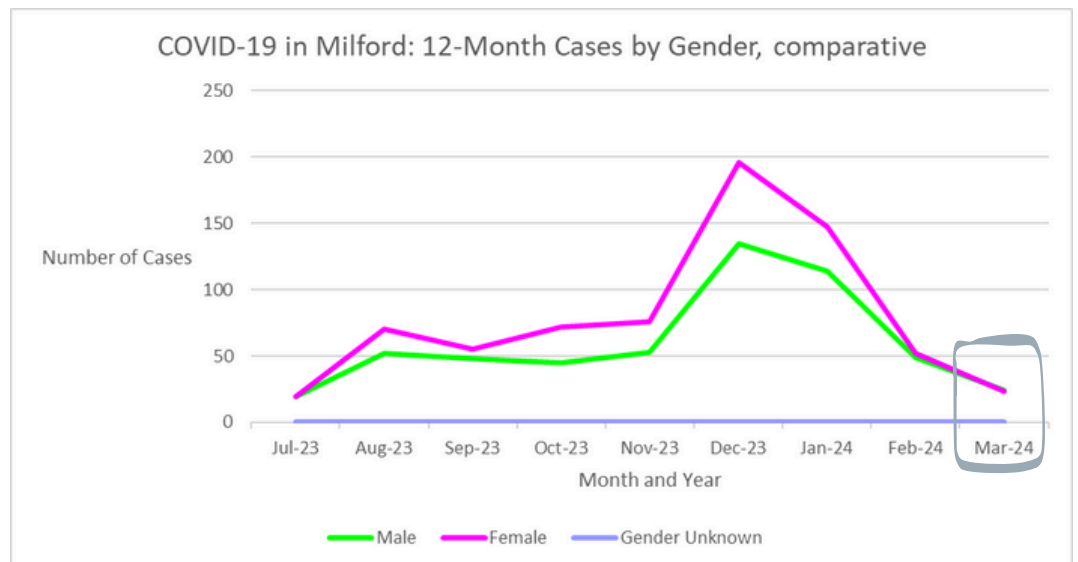
In this month, 83% of all cases came from people who do not identify as Hispanic or Latino, while 15% of cases came from those who do. An additional 2% of cases came from people who did not indicate their ethnicity.



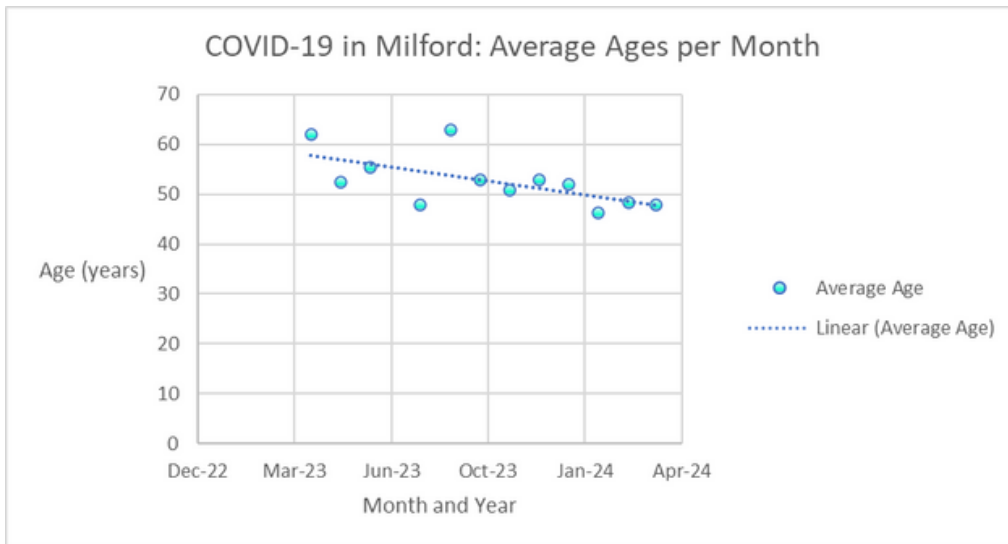
COVID-19 by Gender



In March, 51% of all cases of COVID-19 were reported by **males** and 49% were reported by **females**. This was the first month in which more males reported cases than females did.



COVID-19 by Age-related Statistics



Most individuals who reported cases of COVID-19 for this month were in their late 40s and early 50s, as has been the case for the past several months. The average age of individuals who tested positive was 48 years old.



Staying Safe with COVID-19

- Remember to get yourself **vaccinated!** It's the best way to keep yourself safe. The vaccine saves lives and helps prevent severe disease. It can also reduce the risk of Long COVID. Even if you catch the virus after being vaccinated, COVID-19 vaccines are effective at protecting you from getting seriously ill, being hospitalized, or dying.
- The Centers for Disease Control and Prevention and the Milford Health Department recommend everyone 6 months and older get an updated COVID-19 vaccine to protect against potentially serious COVID-19 outcomes. Call the Milford Health Department or visit vaccines.gov to find out about where you can go to get vaccinated.

Symptoms of COVID-19 may include: fevers, chills, cough, shortness of breath, loss of taste or smell, fatigue, headache, sore throat, congestion, runny nose, nausea or vomiting, and diarrhea. This list does not include all possible symptoms. Symptoms may change with new COVID-19 variants and can vary by person. If you are experiencing symptoms of COVID-19, here are some tips on what to do:

- Call your medical provider to report symptoms and discuss testing recommendations. For uninsured individuals, go to testinglocator.cdc.gov to find a no-cost testing site in CT.
- If you test positive:
 - to avoid spreading the virus, stay at home and away from others for 24 hours until symptoms improve and you are fever-free. Keep a distance between yourself and others at home in this time period as well. Continue to take added precautions for the next five days (see the next page for more).
 - speak with your physician about using a medication such as Paxlovid.
 - wear a high-quality mask if you must be around others at home or in public.
 - practice good hygiene and try to spend time in well-ventilated areas.
 - avoid sharing personal items such as cups, towels, and utensils.
- If you are experiencing severe symptoms, go to your nearest emergency room or call 911.

Continue reading for further information about staying safe with COVID-19.








For Further Information


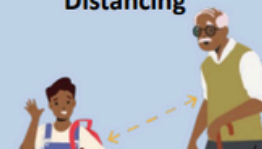

From the CDC:

Respiratory Virus Guidance Snapshot



Core prevention strategies

Immunizations 	Hygiene 	Steps for Cleaner Air 	Treatment 	Stay Home and Prevent Spread* 
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Additional prevention strategies

Masks 	Distancing 	Tests 
--	---	--

*Stay home and away from others until, for 24 hours BOTH:

 + 

Your symptoms are getting better + You are fever-free (without meds)

 Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering



Scan this QR code to visit the CDC's website to read more tips!

All data were obtained through the Connecticut Local Health Department Data Portal, which is run by the state Department of Public Health and the State of Connecticut.



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