



## RSC Communicable and Respiratory Disease Report for England

Week Number / Year

**8 / 2026**

Population

**18,751,955**

Dates

**16/02/2026 - 22/02/2026**

No. Practices

**1,780**

### Notes

All rates in this report are given per 100,000 population presenting in the week of the report. A rolling 5-year average rate is also provided as a historical comparison. Rates are provided for four regions (North, South, Midlands and East, and London). For acute respiratory infections, a breakdown by age group is also provided.

Rates are presented on a weekly basis, using ISO week numbers.

Please see page 20 for further explanatory notes on the data.

### Comments

Rates of influenza-like illness (ILI) continue to decline nationally. The rates are below the seasonal average for this time of year, pages 3 to 5.

Virology swab positivity continues to decrease, page 3.

Rates of acute respiratory illness (ARI) continue to decline, and the overall rates are below the seasonal average for this time of year, page 7.

Rates of COVID-19 remain stable nationally, page 6.

Other comments:

- Rates of exacerbations in chronic lung disease (ECLD), page 8; ECLD – Asthma exacerbations, page 9; ECLD – COPD exacerbations, page 9; URTI -Croup, page 11 remain above the seasonal average for this time of year.
- Rates of Measles have increased especially in London, the North and Midlands & East regions, and are above the seasonal average for this time of year, page 15
- Rates of Scabies, page 16; Herpes Zoster, page 17 remain above the seasonal average for this time of year.

## Seasonal Focus

In the "Change since last week" column, a change in rate of 5% to 10% is marked with a single arrow (▲ or ▼), while a change of more than 10% is marked with a double arrow (▲▲ or ▼▼). A flat line (—) indicates the rate was stable, changing less than 5%.

### Region Breakdown

	Acute respiratory infections (ARI)			Influenza-like illness (ILI)			Exacerbations of chronic lung disease (ECLD)		
	This week	Last week	Change since last week	This week	Last week	Change since last week	This week	Last week	Change since last week
London	239.5	255.7	▼ -16.2	6.0	6.6	▼ -0.6	11.1	10.6	— 0.4
Midlands And East	316.3	346.5	▼ -30.2	3.4	5.0	▼▼ -1.6	18.6	19.9	▼ -1.3
North	344.9	373.9	▼ -29.1	5.0	4.9	— 0.1	25.0	27.6	▼ -2.7
South	259.1	284.6	▼ -25.5	5.0	5.6	▼▼ -0.7	17.0	18.2	▼ -1.1
<b>National</b>	<b>290.9</b>	<b>316.7</b>	<b>▼ -25.8</b>	<b>4.8</b>	<b>5.5</b>	<b>▼▼ -0.7</b>	<b>18.3</b>	<b>19.5</b>	<b>▼ -1.3</b>

	Lower respiratory tract infections (LRTI)			Upper respiratory tract infections (URTI)			COVID-19		
	This week	Last week	Change since last week	This week	Last week	Change since last week	This week	Last week	Change since last week
London	51.8	54.6	▼ -2.8	184.4	195.6	▼ -11.2	0.4	0.3	▲ 0.1
Midlands And East	93.4	100.7	▼ -7.2	219.5	241.1	▼ -21.6	0.3	0.4	▼▼ -0.1
North	114.2	117.4	— -3.2	225.8	250.4	▼ -24.5	0.5	0.7	▼▼ -0.2
South	82.1	88.8	▼ -6.7	175.9	192.8	▼ -16.9	0.6	0.8	▼▼ -0.2
<b>National</b>	<b>87.2</b>	<b>92.4</b>	<b>▼ -5.2</b>	<b>200.7</b>	<b>219.6</b>	<b>▼ -18.9</b>	<b>0.5</b>	<b>0.6</b>	<b>▼▼ -0.1</b>

### Age Group Breakdown

	Acute respiratory infections (ARI)			Influenza-like illness (ILI)			Exacerbations of chronic lung disease (ECLD)		
	This week	Last week	Change since last week	This week	Last week	Change since last week	This week	Last week	Change since last week
<1yr	1,390.1	1,414.8	— -24.7	3.8	9.6	▼▼ -5.8	0.0	0.0	— 0.0
1-4yrs	1,178.4	1,294.9	▼ -116.5	7.0	9.4	▼▼ -2.4	0.8	1.2	▼▼ -0.4
5-14yrs	309.5	413.2	▼▼ -103.7	2.6	3.7	▼▼ -1.1	6.4	7.0	▼ -0.7
15-64yrs	215.4	226.7	— -11.3	4.9	5.8	▼▼ -0.9	13.7	14.6	▼ -0.8
65+yrs	310.0	320.7	— -10.7	5.3	4.4	▲ 0.9	47.0	50.3	▼ -3.4
<b>All ages</b>	<b>290.9</b>	<b>316.7</b>	<b>▼ -25.8</b>	<b>4.8</b>	<b>5.5</b>	<b>▼▼ -0.7</b>	<b>18.3</b>	<b>19.5</b>	<b>▼ -1.3</b>

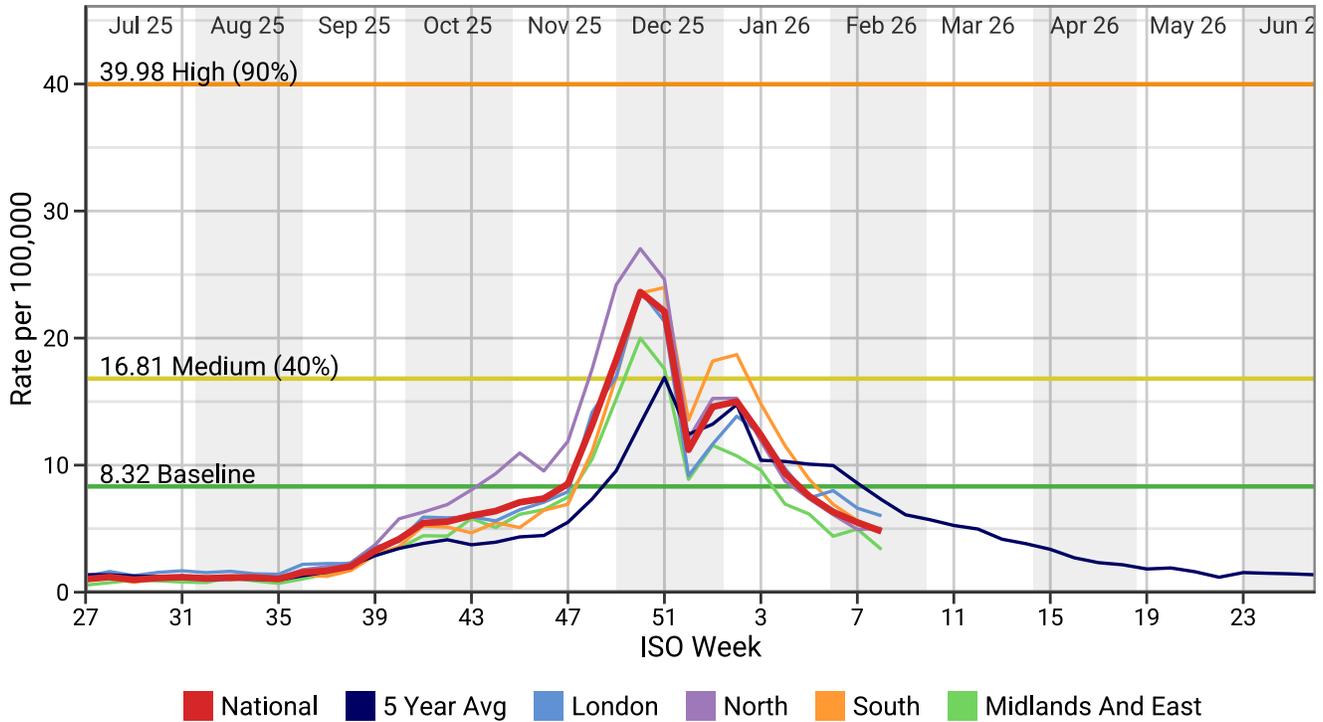
  

	Lower respiratory tract infections (LRTI)			Upper respiratory tract infections (URTI)			COVID-19		
	This week	Last week	Change since last week	This week	Last week	Change since last week	This week	Last week	Change since last week
<1yr	332.7	314.3	▲ 18.4	1,177.4	1,255.1	▼ -77.8	5.7	6.4	▼▼ -0.7
1-4yrs	197.4	213.8	▼ -16.4	1,104.0	1,199.8	▼ -95.8	1.5	1.4	▲ 0.1
5-14yrs	38.3	43.4	▼▼ -5.1	281.1	378.1	▼▼ -97.0	0.1	0.7	▼▼ -0.6
15-64yrs	59.1	63.3	▼ -4.2	150.0	155.9	— -5.8	0.3	0.4	▼▼ -0.1
65+yrs	184.8	192.5	— -7.8	92.9	91.7	— 1.2	0.9	0.8	▲ 0.1
<b>All ages</b>	<b>87.2</b>	<b>92.4</b>	<b>▼ -5.2</b>	<b>200.7</b>	<b>219.6</b>	<b>▼ -18.9</b>	<b>0.5</b>	<b>0.6</b>	<b>▼▼ -0.1</b>

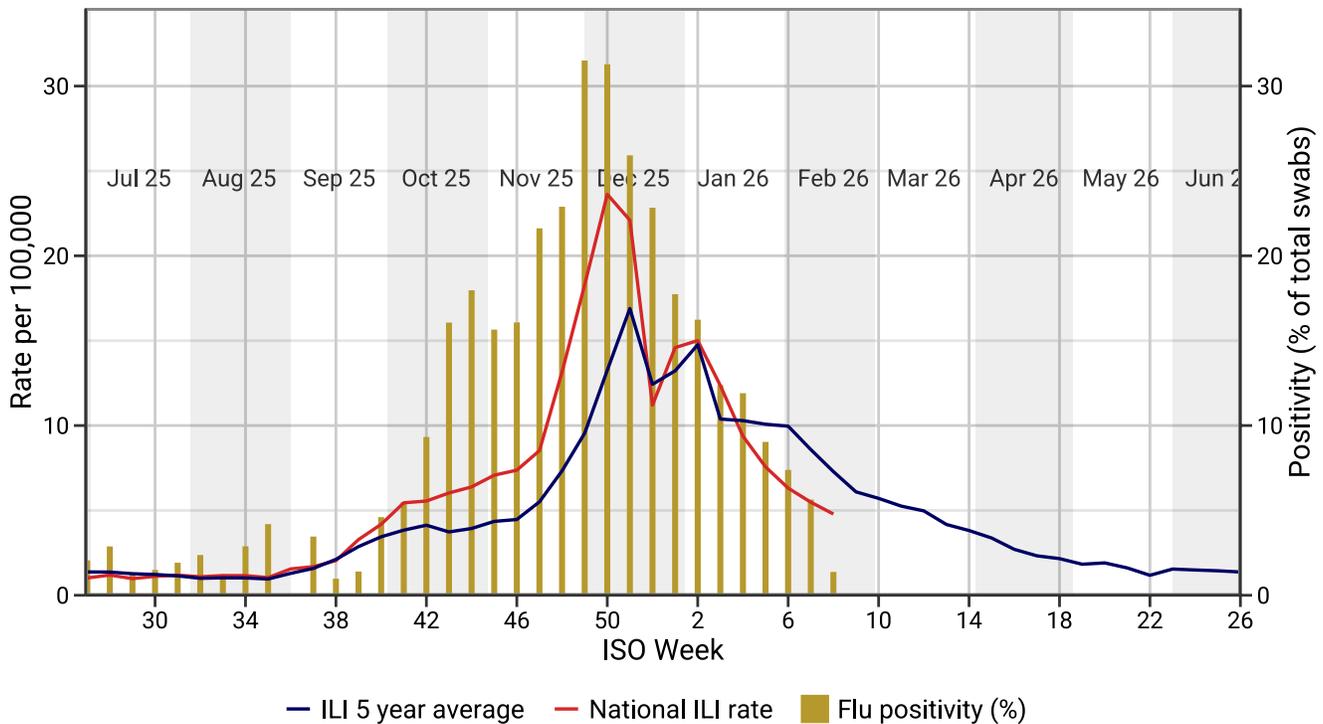
## 2025/26 Focus

### (A) Influenza-like Illness: national incidence rate by region

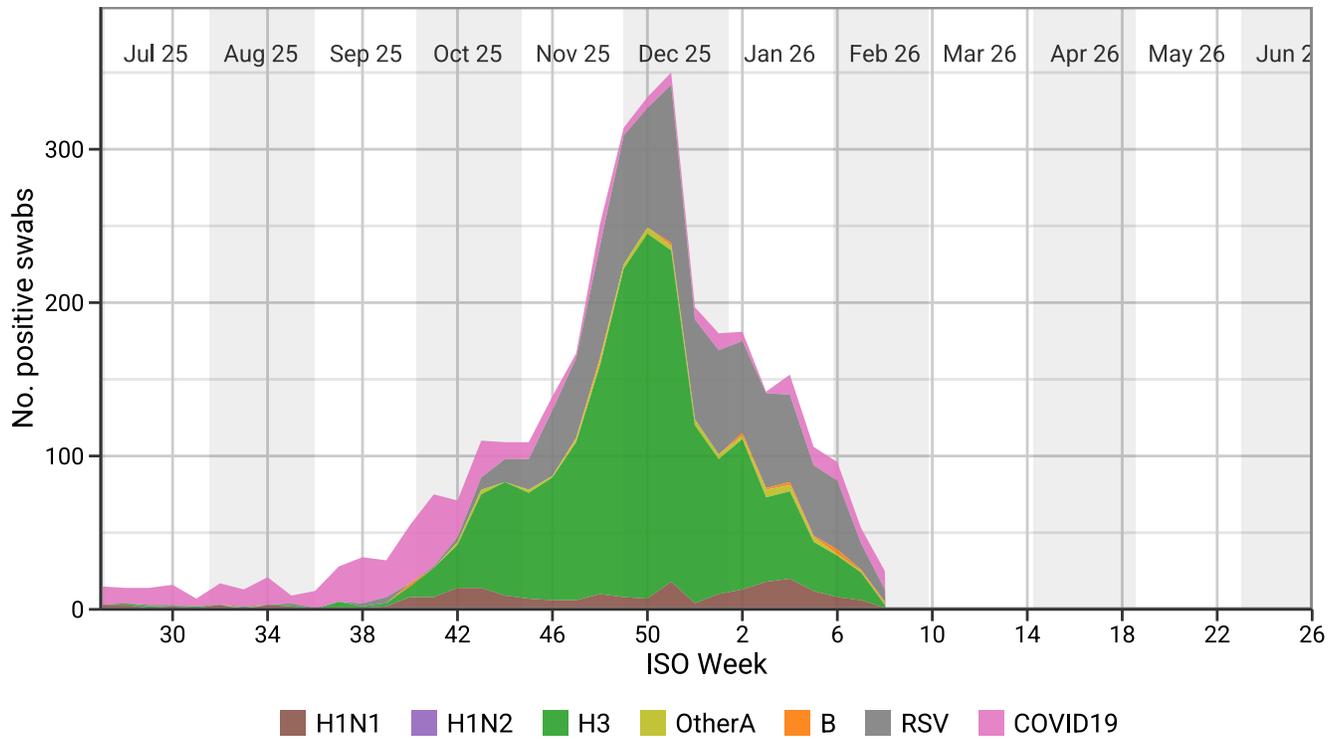
The horizontal lines in the following graph are thresholds derived from the Moving Epidemic Method (MEM) model. See p20 for more information.



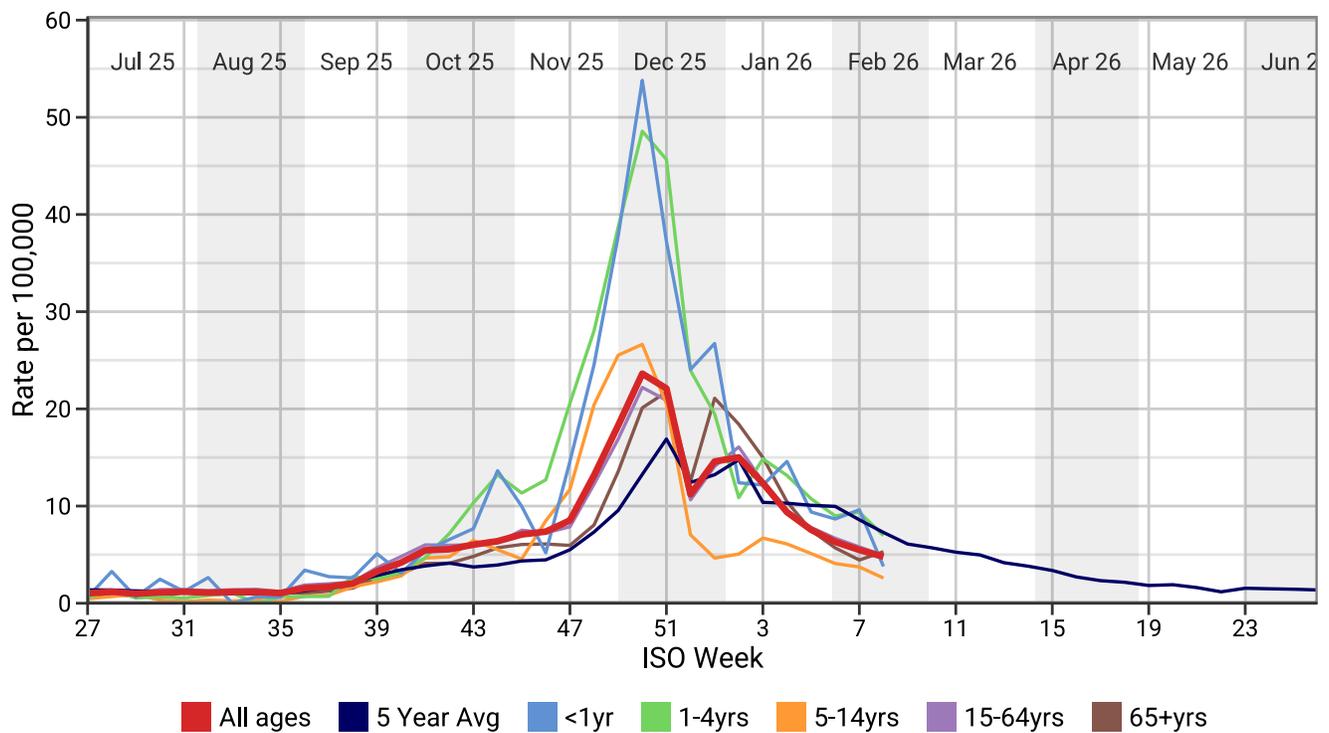
### (B) RCGP/UKHSA influenza virology swab surveillance



(C) RCGP/UKHSA RSV, influenza and SARS-CoV-2 virology swab surveillance (by strain)

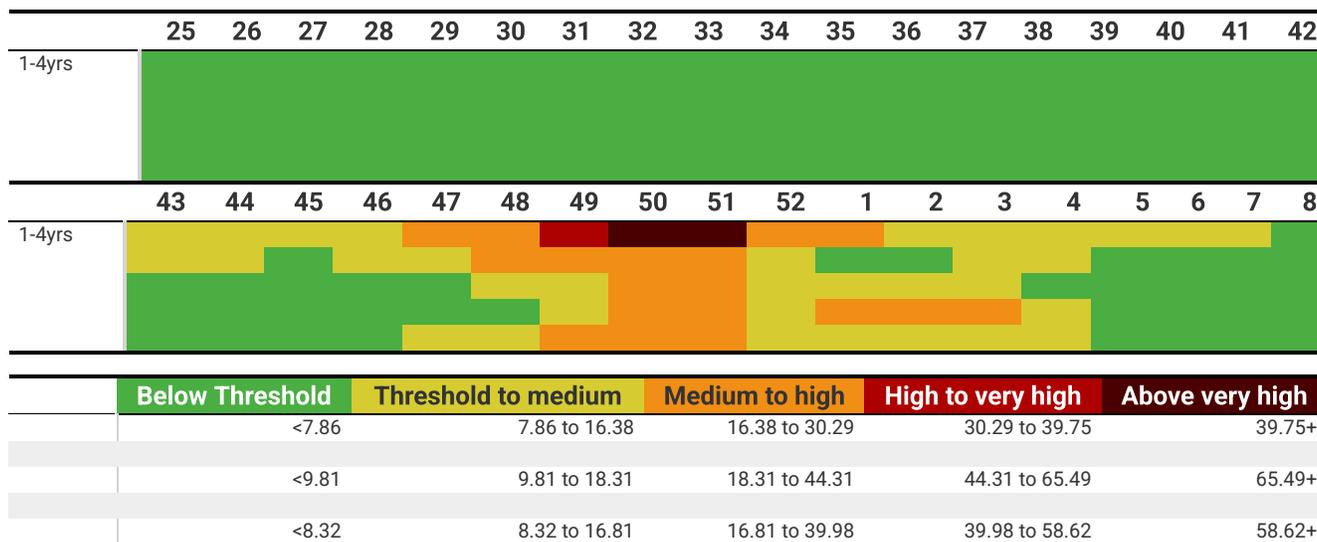


(D) Influenza-like Illness: national incidence rate by age band



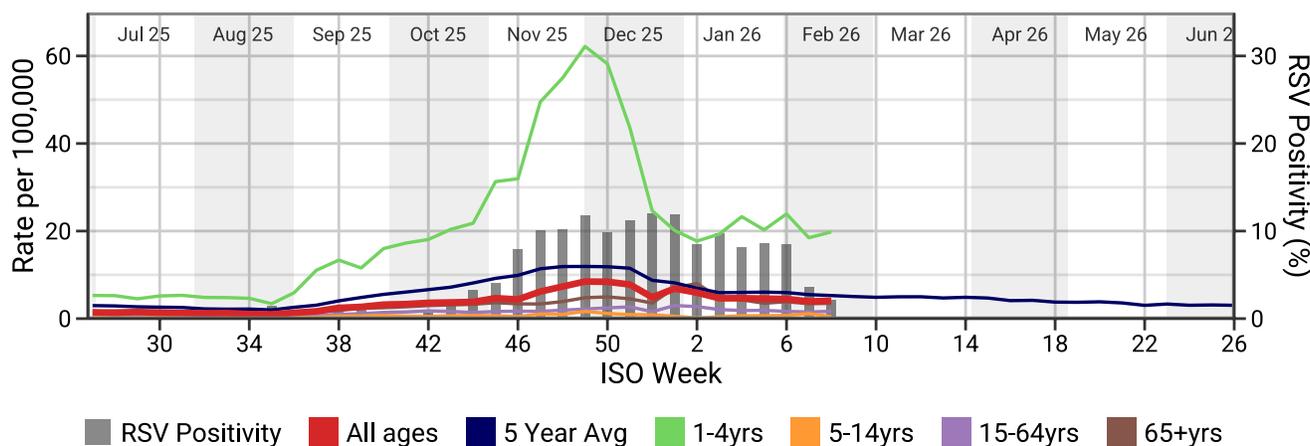
### (E) Influenza-like Illness: national incidence rate by age band

This table shows the level of intensity of ILI by age band. MEM thresholds have been calculated separately for each age band - thresholds are shown in the second table. Refer to page 19 for more information.



### (F) Acute Bronchitis and Bronchiolitis: national incidence rate by age band

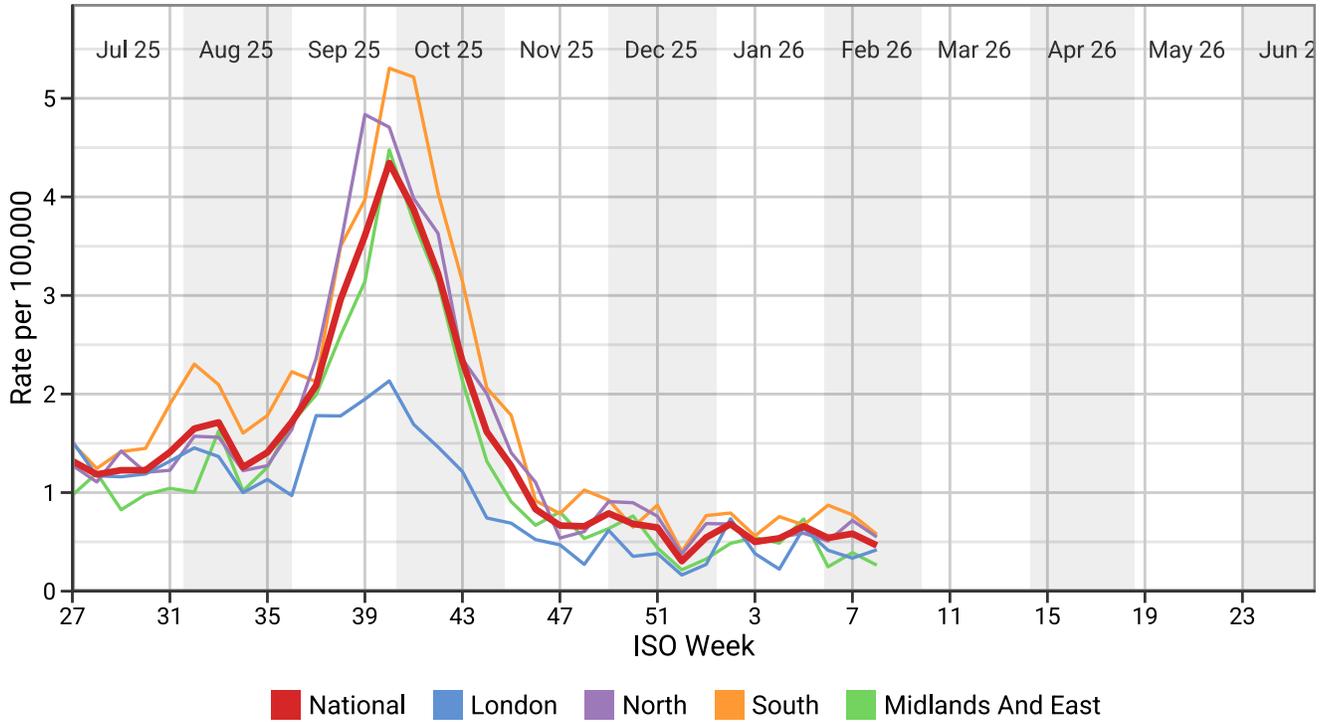
Children under 1 year old are omitted from the following graph.



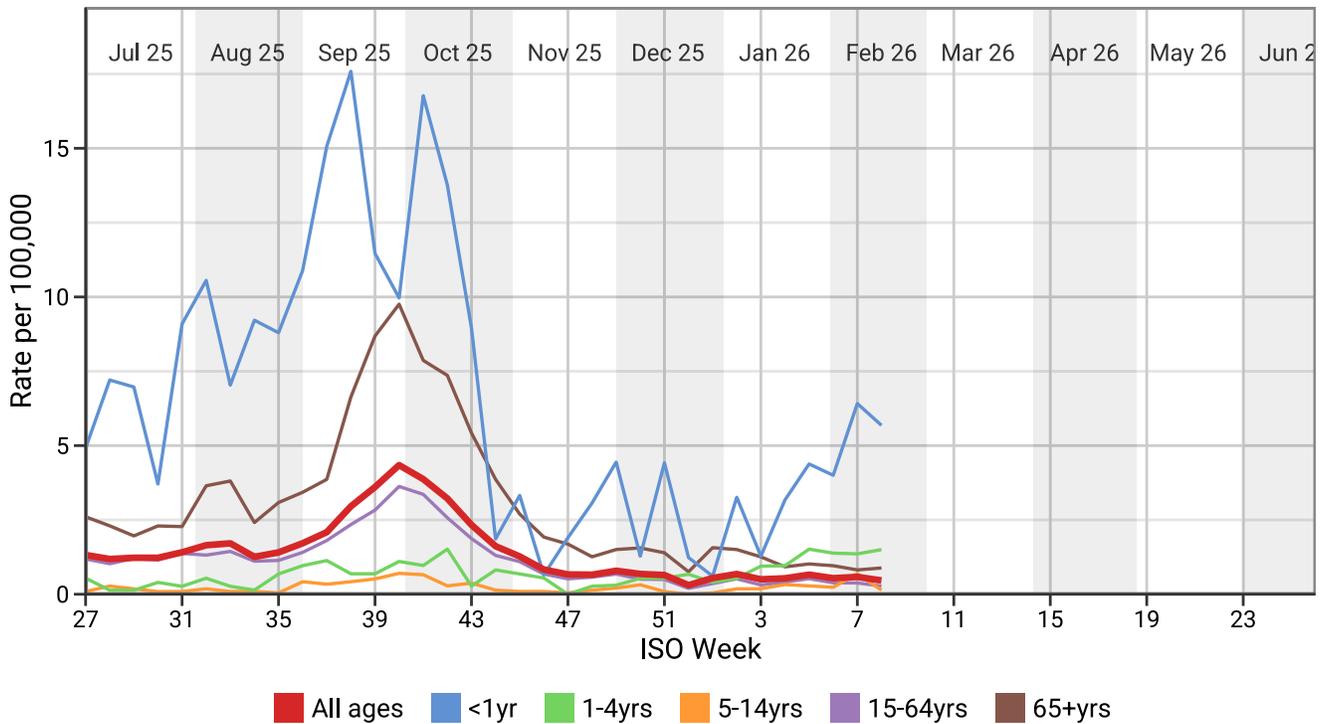
### Weekly incidence rates of influenza-like illness, and acute bronchitis and bronchiolitis (per 100,000)

	Influenza-like illness (ILI)	ARI-Bronchitis and Bronchiolitis		Influenza-like illness (ILI)	ARI-Bronchitis and Bronchiolitis
<1yr	3.8	178.7	London	6.0	2.9
1-4yrs	7.0	19.8	Midlands And East	3.4	4.4
5-14yrs	2.6	0.5	North	5.0	5.0
15-24yrs	4.1	0.9	South	5.0	3.8
25-44yrs	5.4	1.5	National	4.8	4.1
45-64yrs	4.7	2.2			
65-74yrs	4.8	2.9			
75-84yrs	5.9	4.1			
85+yrs	5.4	4.1			
All ages	4.8	4.1			

**(G) COVID-19: national incidence rate by region**

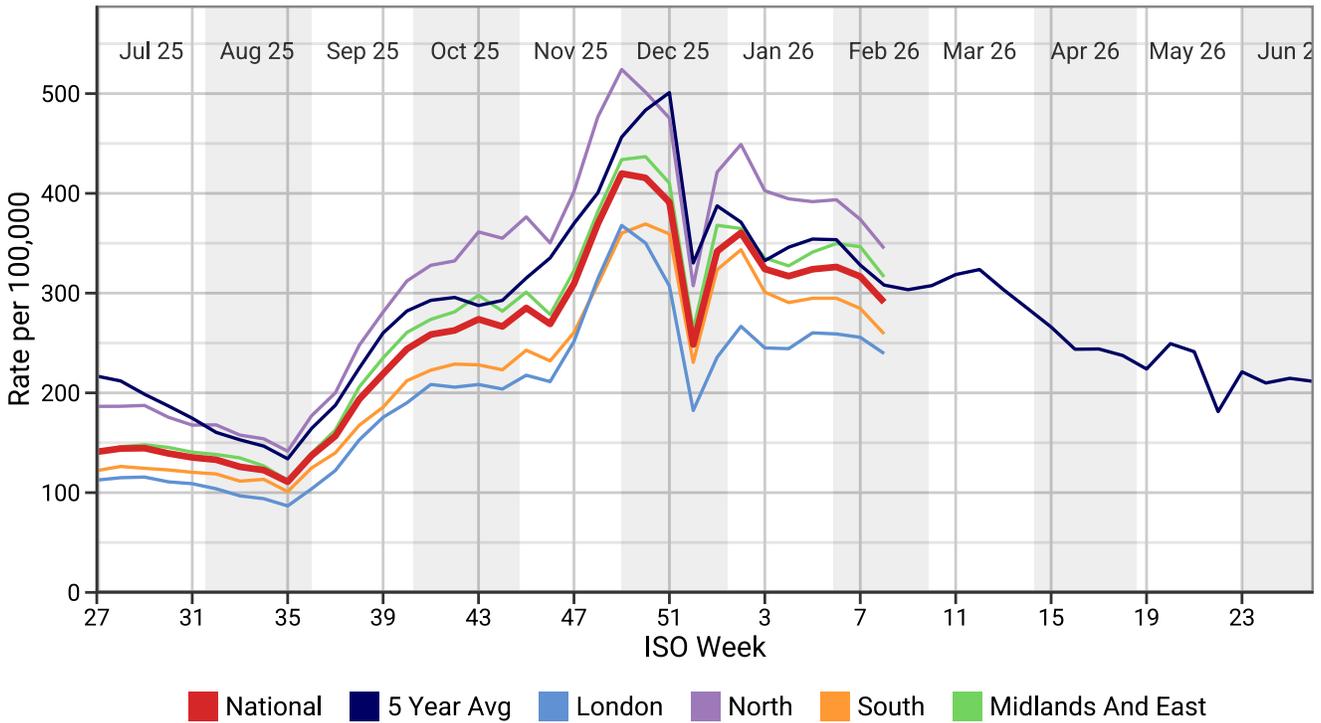


**(H) COVID-19: national incidence rate by age band**

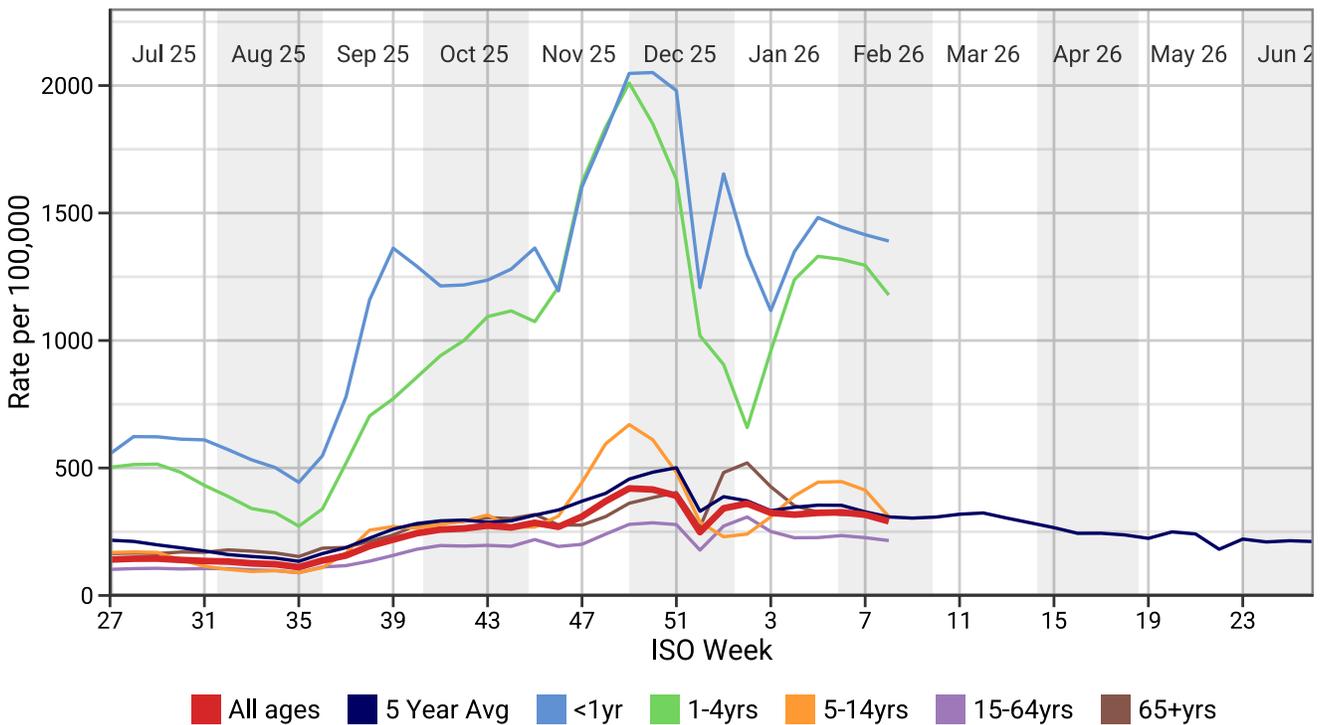


# 1. Respiratory Infections

(I) Acute Respiratory Infections (ARI): national incidence rate by region



(J) Acute Respiratory Infections (ARI): national incidence rate by age band



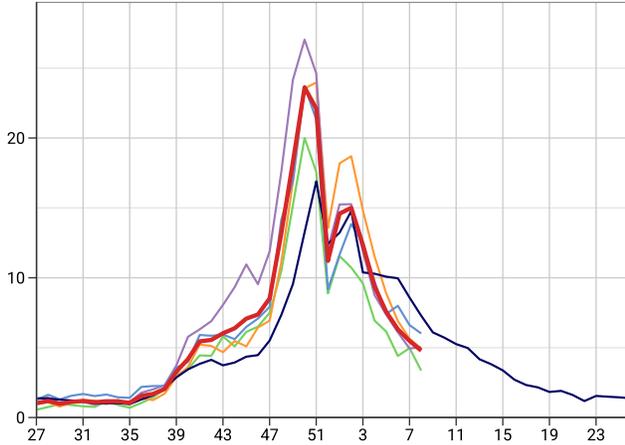
Respiratory Infections - by region

■ National    ■ London    ■ South  
■ 5 Year Avg    ■ North    ■ Midlands And East

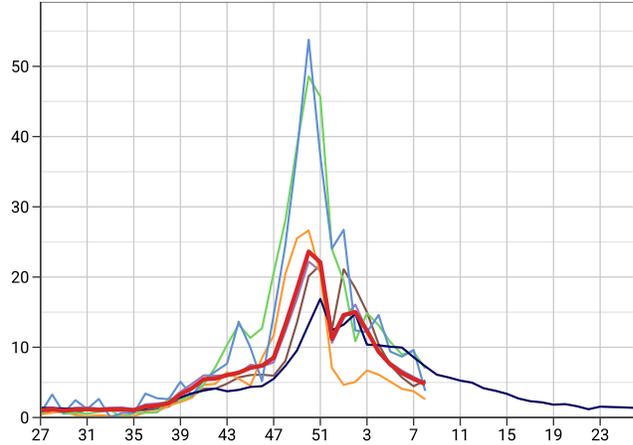
Respiratory Infections - by age band

■ All ages    ■ <1yr    ■ 5-14yrs    ■ 65+yrs  
■ 5 Year Avg    ■ 1-4yrs    ■ 15-64yrs

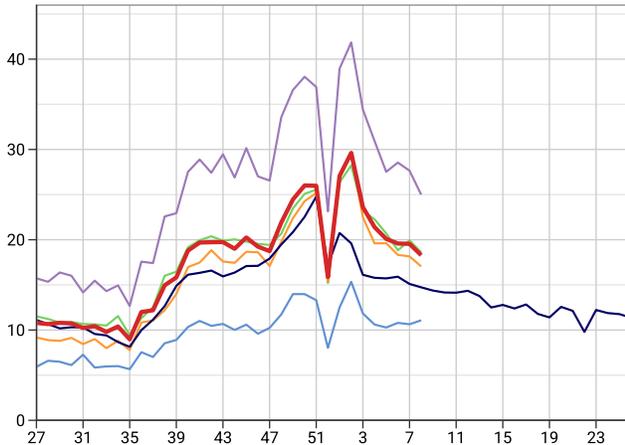
**Influenza-like illness (ILI)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



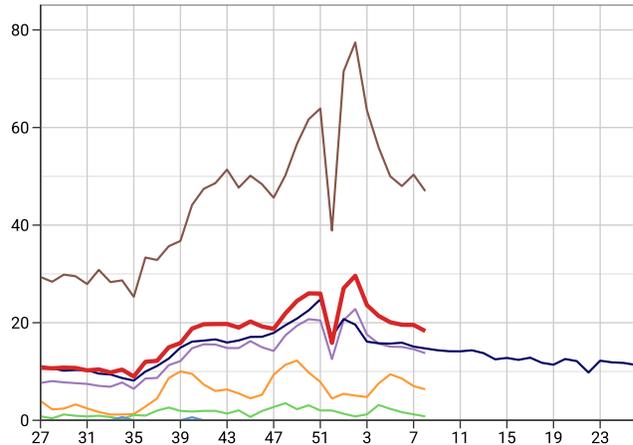
**Influenza-like illness (ILI)**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



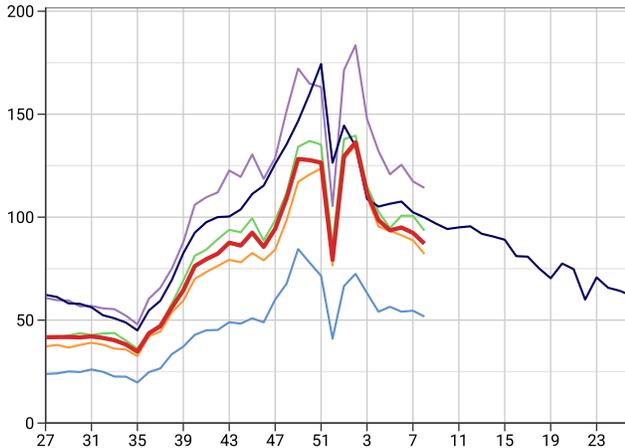
**Exacerbations of Chronic Lung Disease (ECLD)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



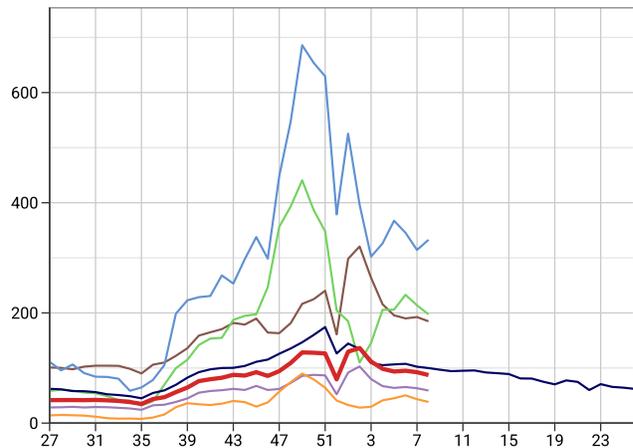
**Exacerbations of Chronic Lung Disease (ECLD)**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



**Lower Respiratory Tract Infections (LRTI)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



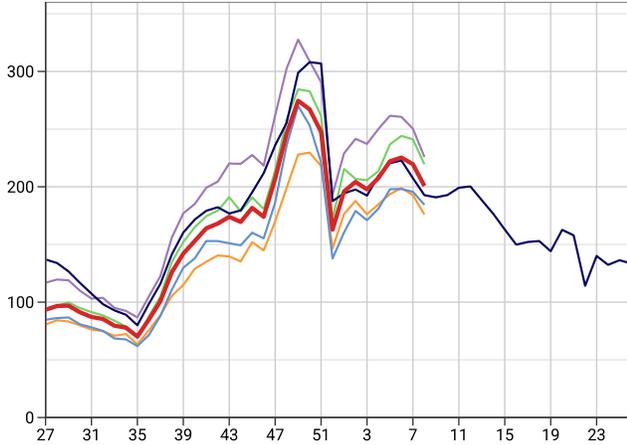
**Lower Respiratory Tract Infections (LRTI)**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



### Respiratory Infections - by region

■ National    ■ London    ■ South  
■ 5 Year Avg    ■ North    ■ Midlands And East

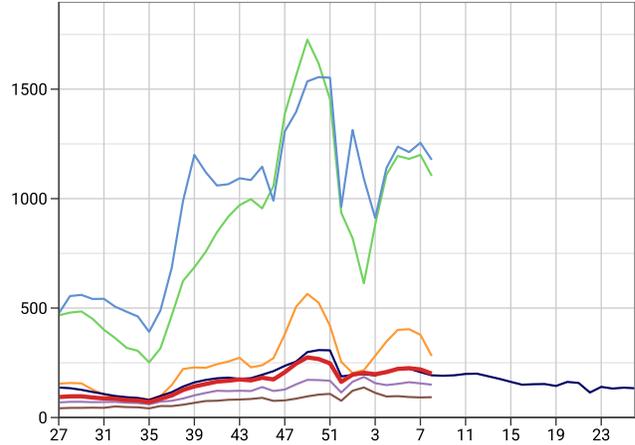
**Upper Respiratory Tract Infections (URTI)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



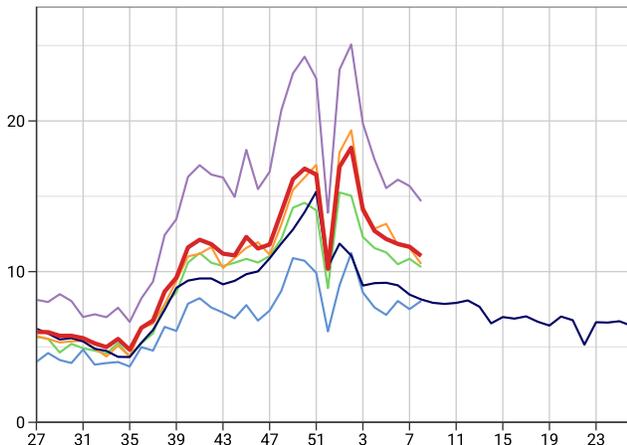
### Respiratory Infections - by age band

■ All ages    ■ <1yr    ■ 5-14yrs    ■ 65+yrs  
■ 5 Year Avg    ■ 1-4yrs    ■ 15-64yrs

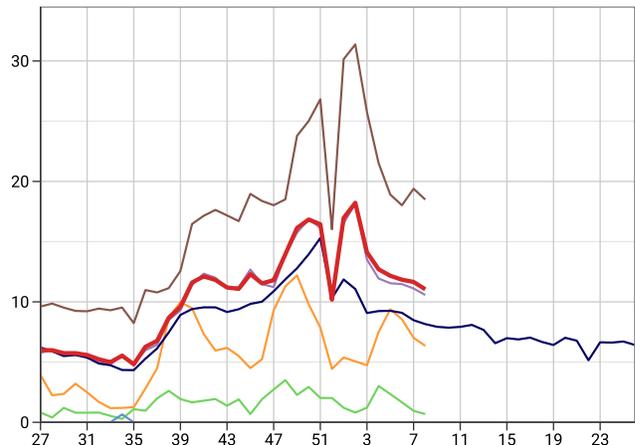
**Upper Respiratory Tract Infections (URTI)**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



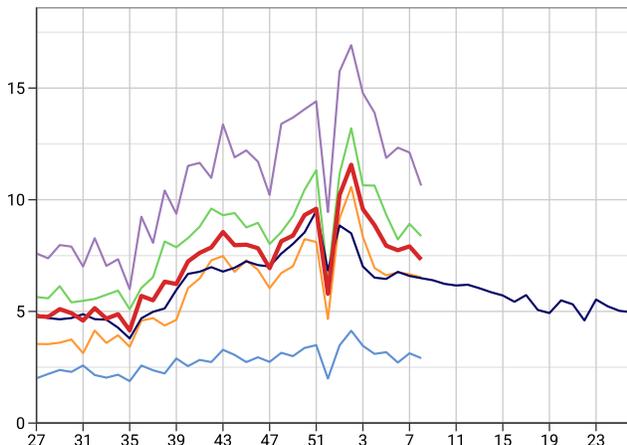
**ECLD - Asthma Exacerbations**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



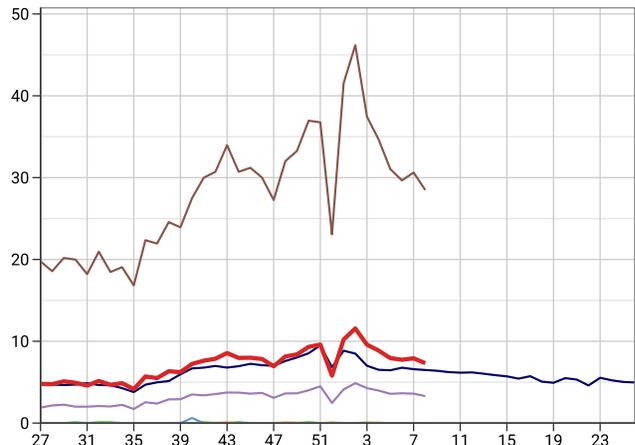
**ECLD - Asthma Exacerbations**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



**ECLD - COPD Exacerbations**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



**ECLD - COPD Exacerbations**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



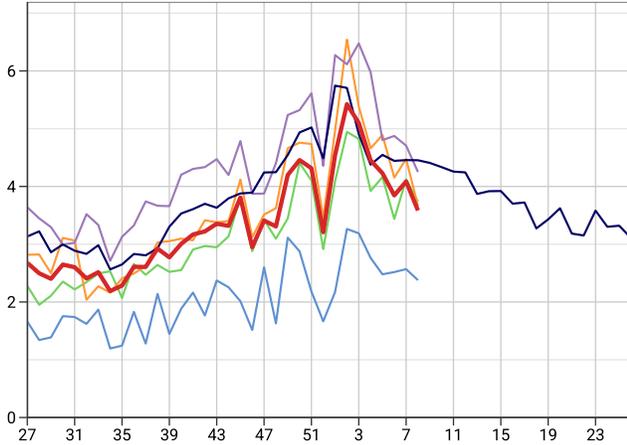
### Respiratory Infections - by region

- National
- London
- South
- 5 Year Avg
- North
- Midlands And East

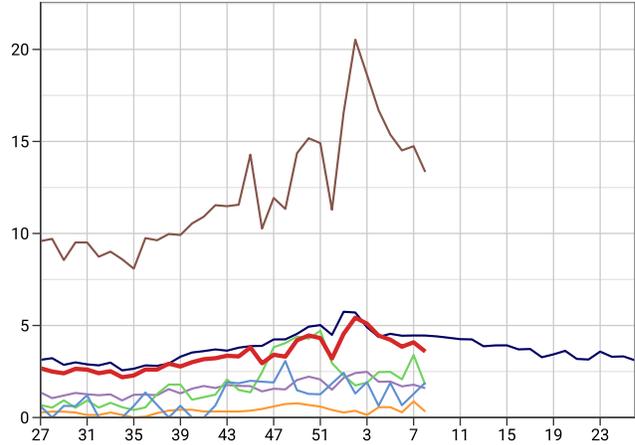
### Respiratory Infections - by age band

- All ages
- <1yr
- 5-14yrs
- 65+yrs
- 5 Year Avg
- 1-4yrs
- 15-64yrs

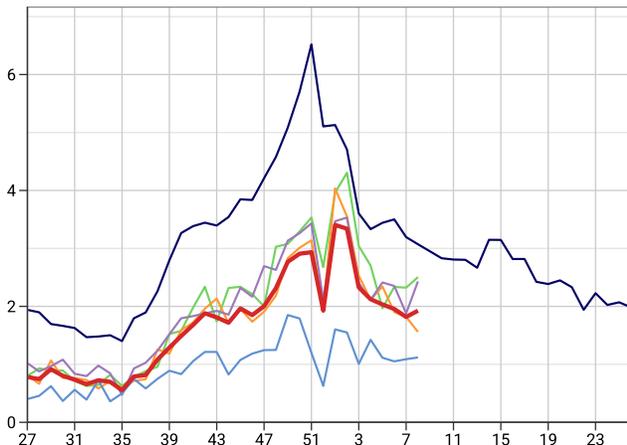
**LRTI - Pneumonia**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



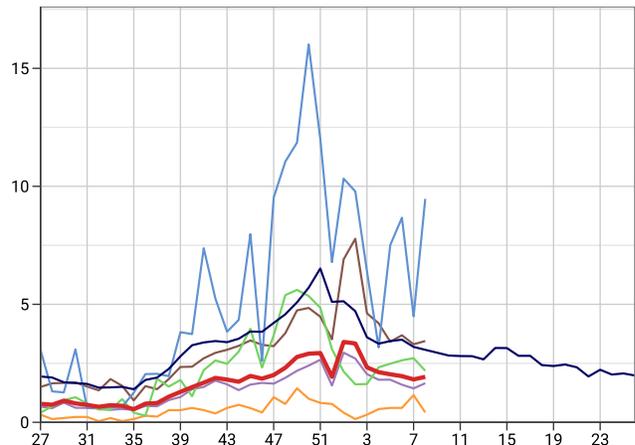
**LRTI - Pneumonia**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



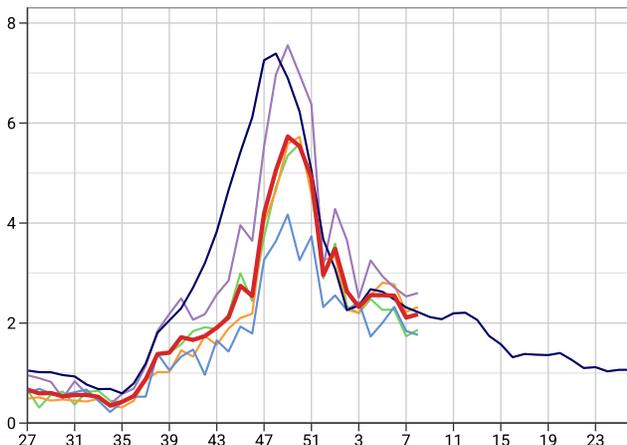
**LRTI - Acute Bronchitis**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



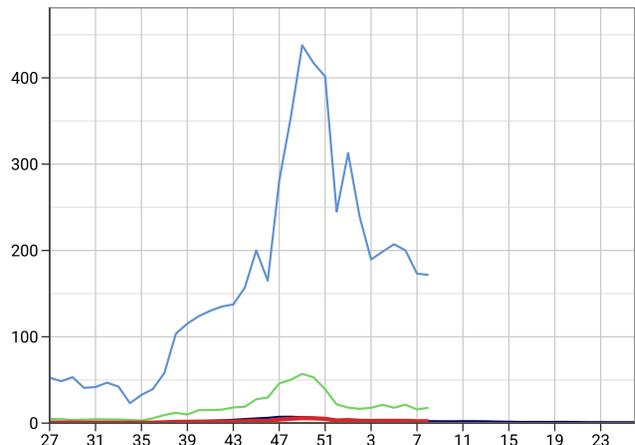
**LRTI - Acute Bronchitis**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



**LRTI - Bronchiolitis**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



**LRTI - Bronchiolitis**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



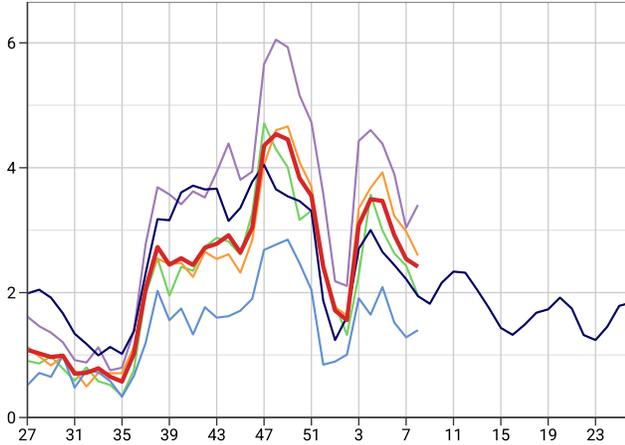
### Respiratory Infections - by region

■ National    ■ London    ■ South  
■ 5 Year Avg    ■ North    ■ Midlands And East

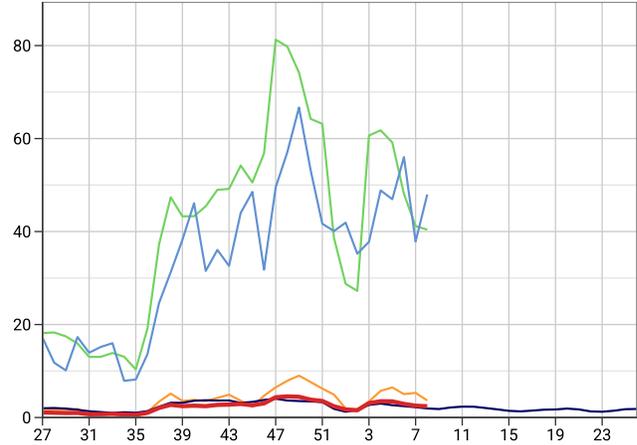
### Respiratory Infections - by age band

■ All ages    ■ <1yr    ■ 5-14yrs    ■ 65+yrs  
■ 5 Year Avg    ■ 1-4yrs    ■ 15-64yrs

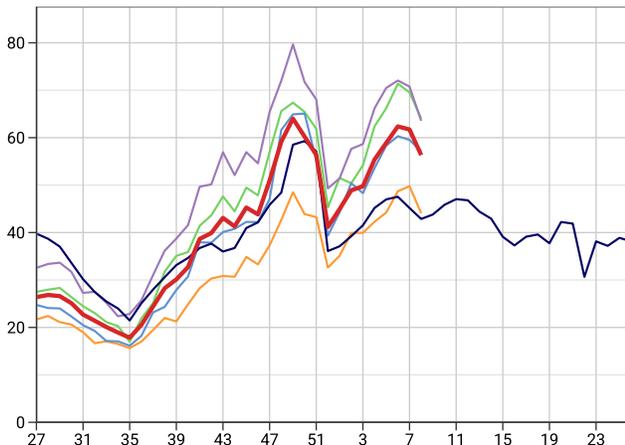
**URTI - Croup**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



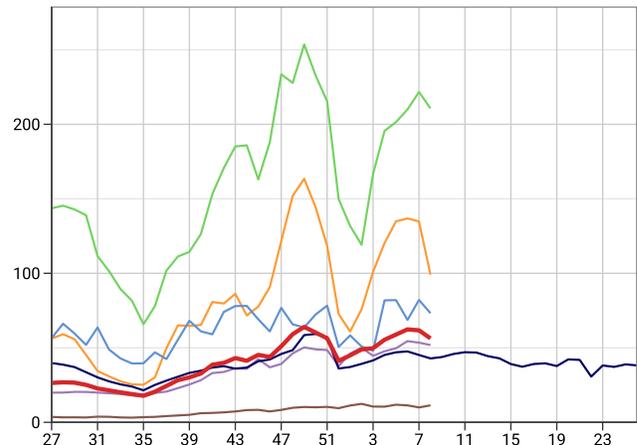
**URTI - Croup**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



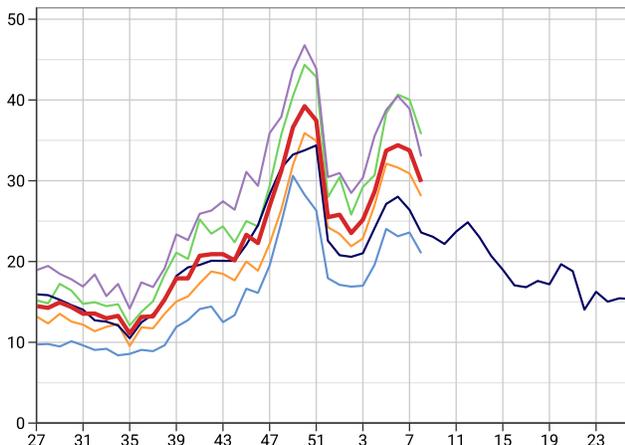
**URTI - Tonsillitis/Pharyngitis**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



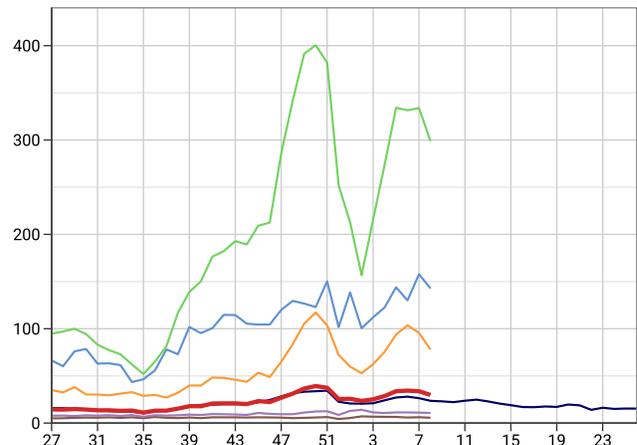
**URTI - Tonsillitis/Pharyngitis**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



**URTI - Otitis Media**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



**URTI - Otitis Media**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



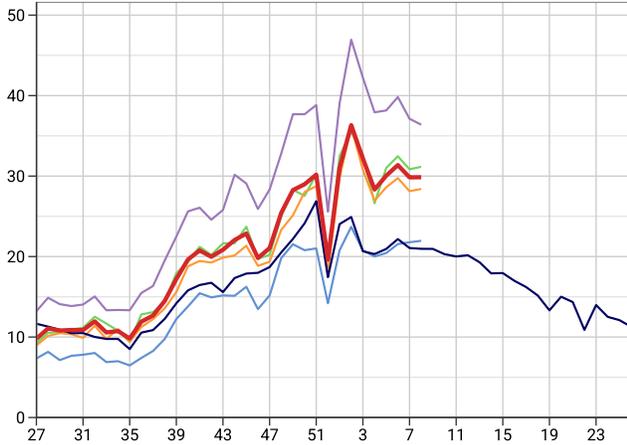
### Respiratory Infections - by region

- National
- London
- South
- 5 Year Avg
- North
- Midlands And East

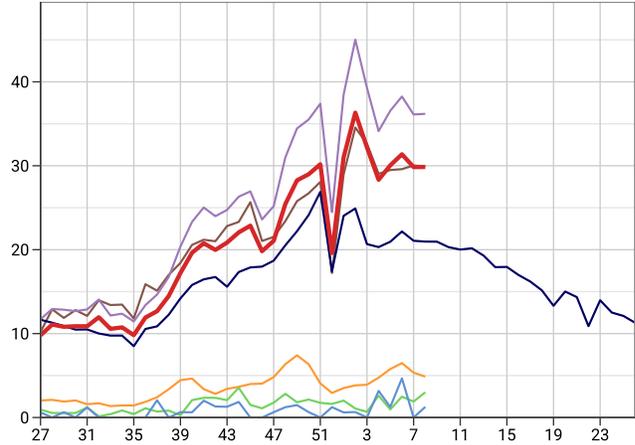
### Respiratory Infections - by age band

- All ages
- <1yr
- 5-14yrs
- 65+yrs
- 5 Year Avg
- 1-4yrs
- 15-64yrs

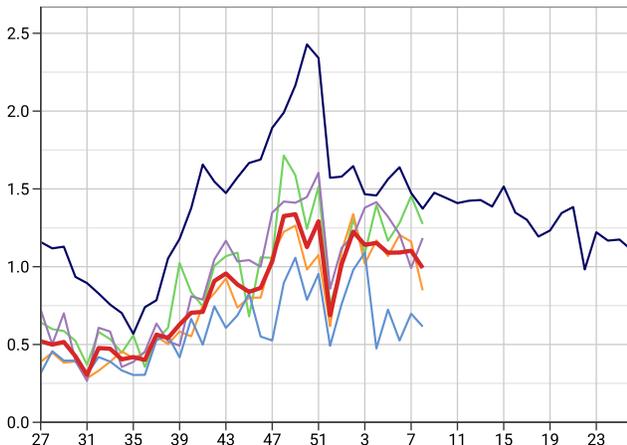
**URTI - Sinusitis**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



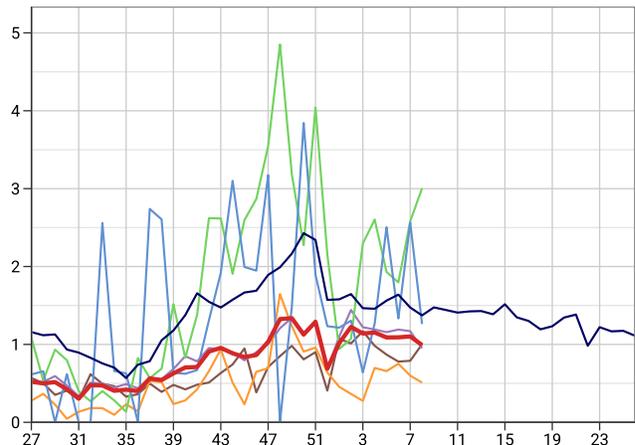
**URTI - Sinusitis**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



**URTI - Laryngitis**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



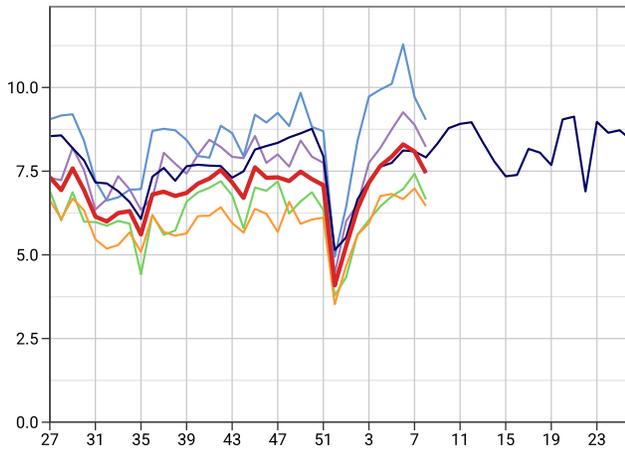
**URTI - Laryngitis**  
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



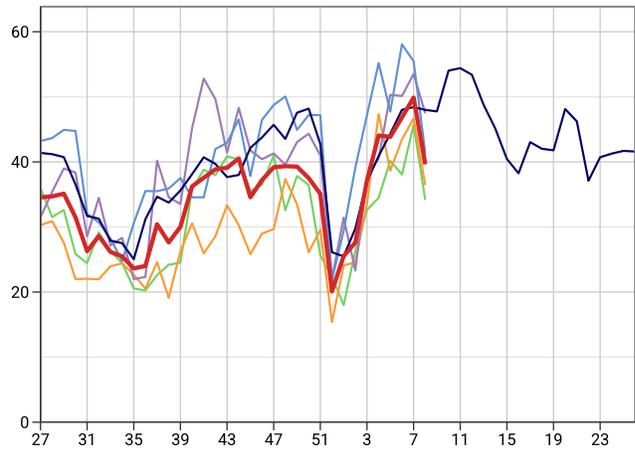
## 2. Water and Food Borne Disorders

■ National 
 ■ 5 Year Avg 
 ■ London 
 ■ North 
 ■ South 
 ■ Midlands And East

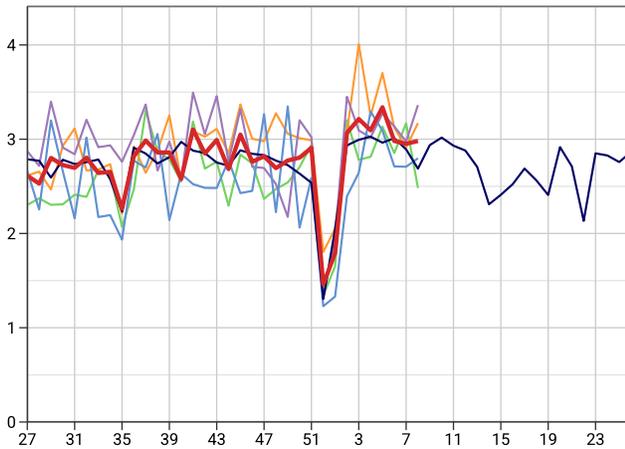
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **all ages**) by region for 2025/26 compared with 5 year average



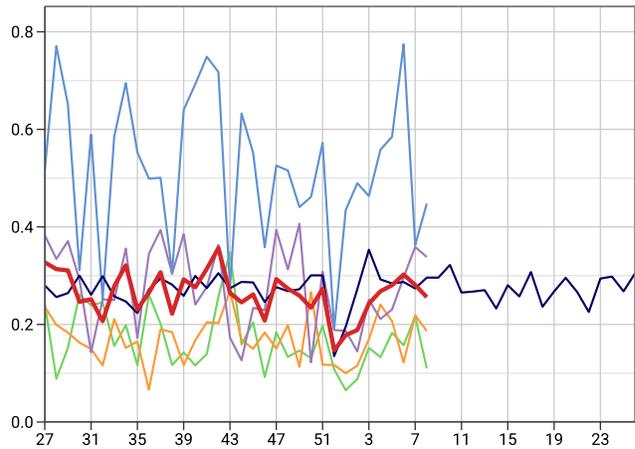
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **0-4 years**) by region for 2025/26 compared with 5 year average



**Non-Infective Enteritis and Colitis (ICD10: K50-K52)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



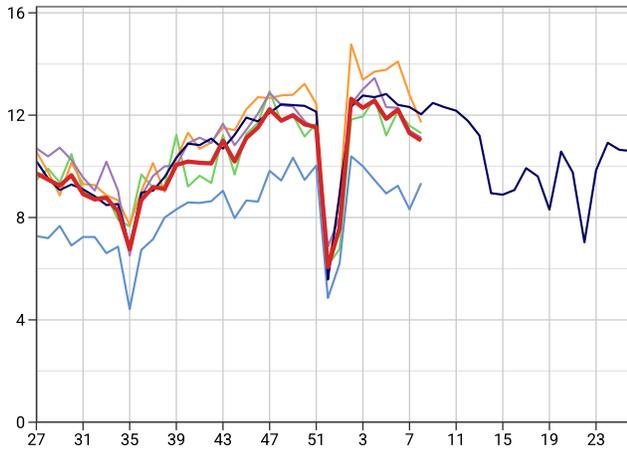
**Viral Hepatitis (ICD10: B15-B19)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



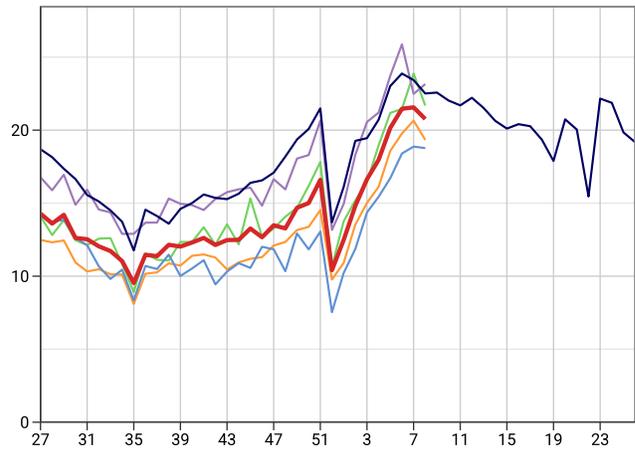
### 3. Environmentally Sensitive Disorders

■ National 
 ■ 5 Year Avg 
 ■ London 
 ■ North 
 ■ South 
 ■ Midlands And East

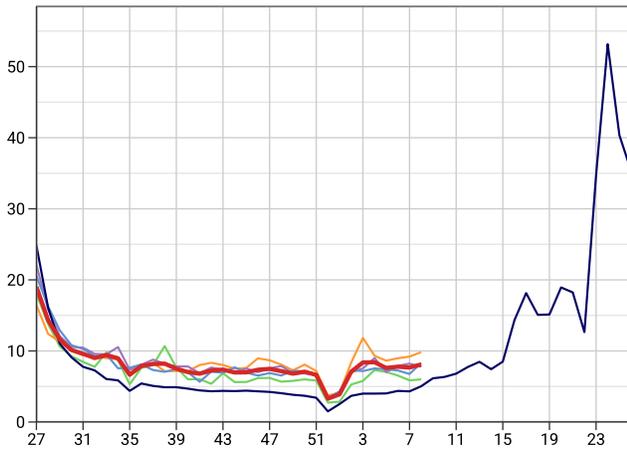
**Asthma (ICD10: J45-J46)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



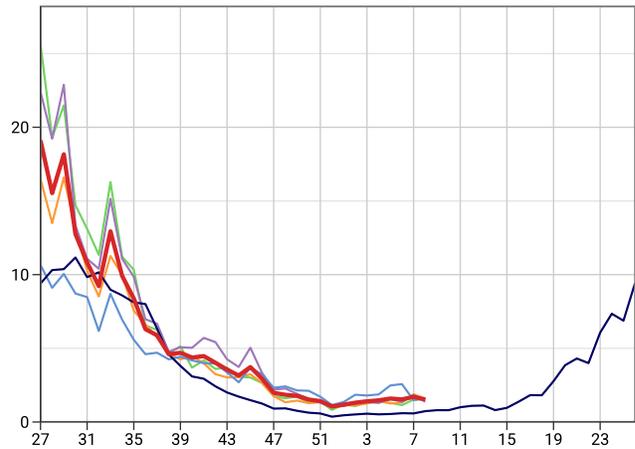
**Disorders of Conjunctiva (ICD10: H10-H13)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



**Hayfever / Allergic Rhinitis (ICD10: J30)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



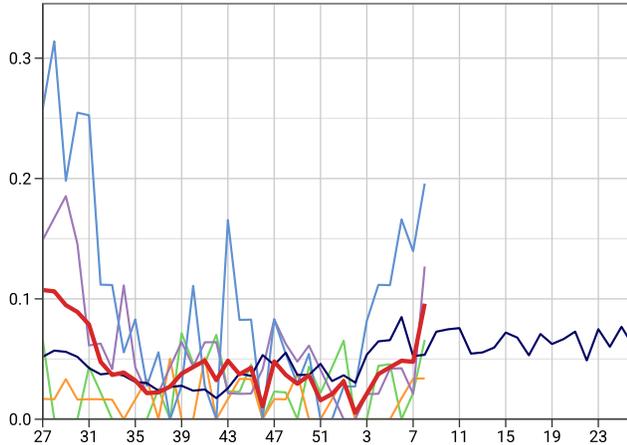
**Infected Insect Bites**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



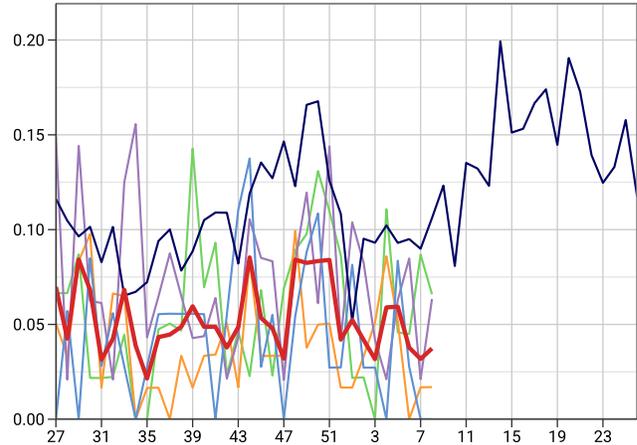
## 4. Vaccine Sensitive Disorders

■ National 
 ■ 5 Year Avg 
 ■ London 
 ■ North 
 ■ South 
 ■ Midlands And East

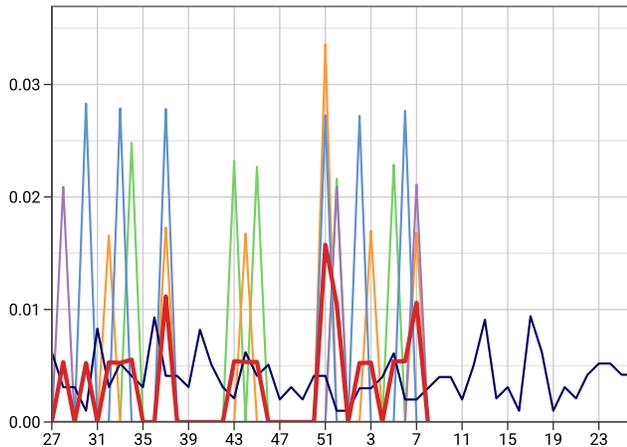
**Measles (ICD10: B05)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



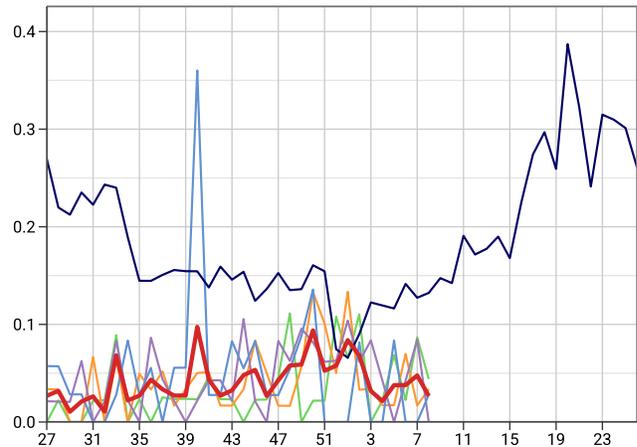
**Mumps (ICD10: B26)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



**Rubella (ICD10: B06)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



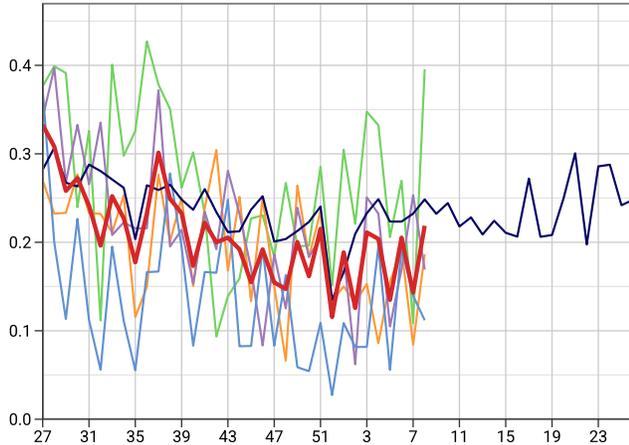
**Whooping Cough (ICD10: A37)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



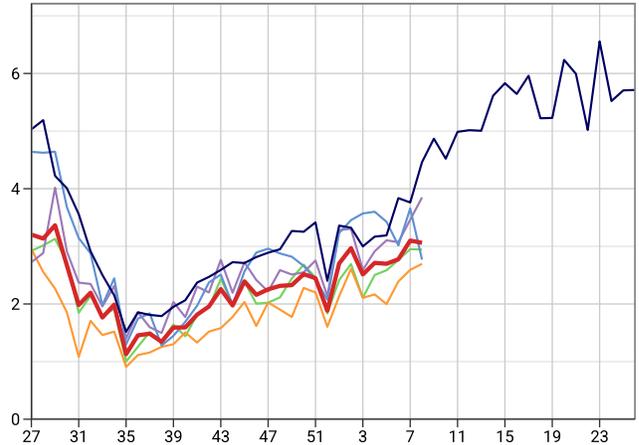
## 5. Skin Contagions

■ National 
 ■ 5 Year Avg 
 ■ London 
 ■ North 
 ■ South 
 ■ Midlands And East

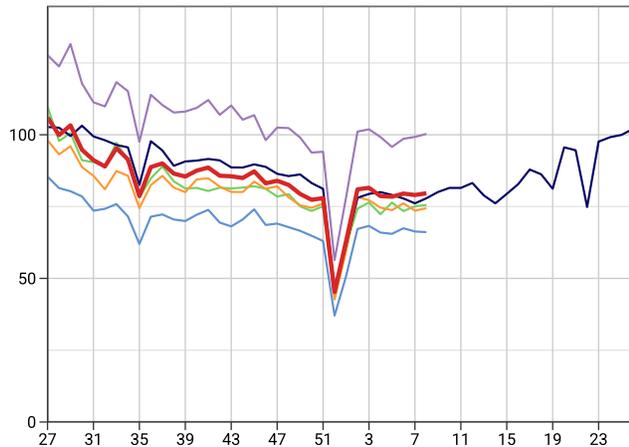
**Bullous Dermatoses (ICD10: L10-L14)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



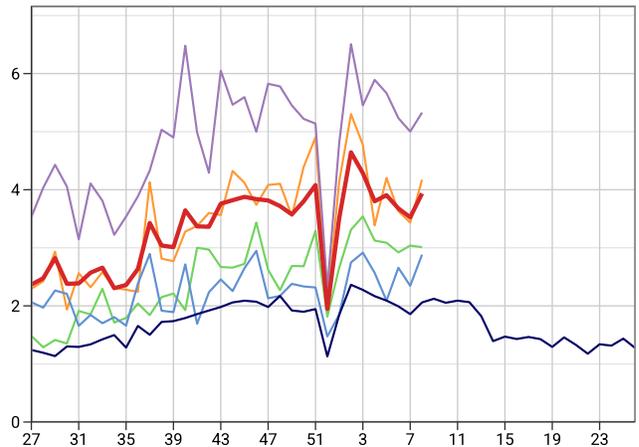
**Chickenpox (ICD10: B01)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



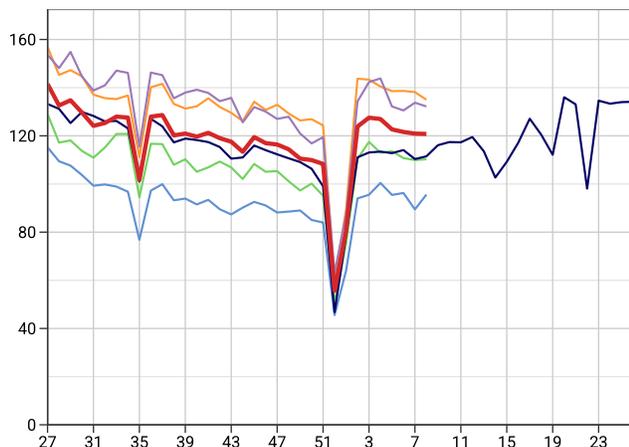
**Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



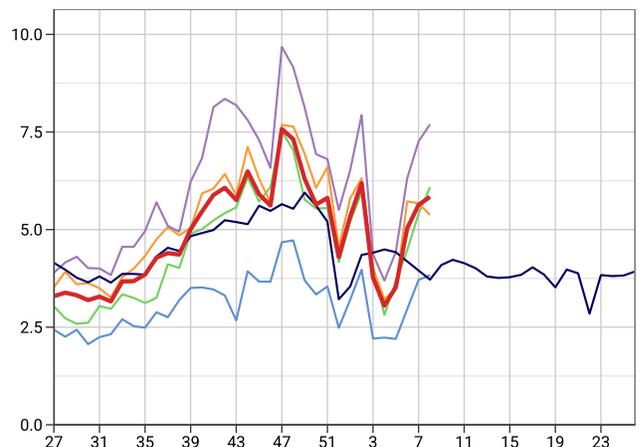
**Scabies (ICD10: B86)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



**Symptoms of Skin & Integument Tissue (ICD10: R20-R23),**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average

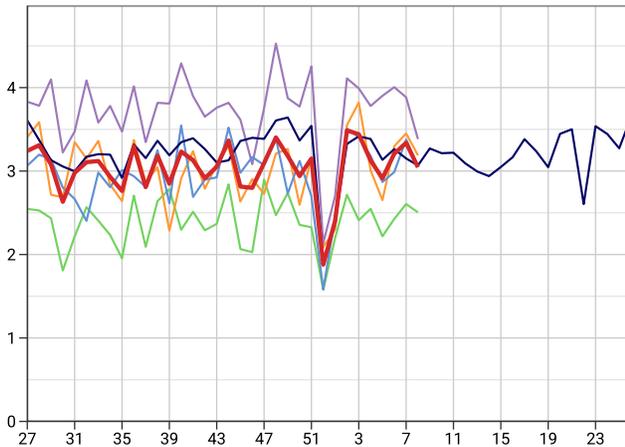


**Impetigo (ICD10: L01)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average

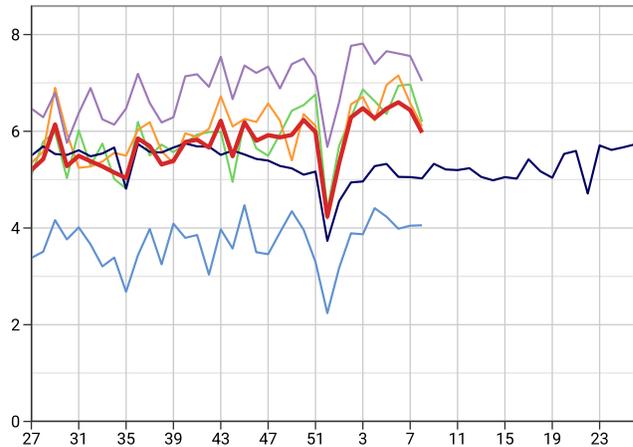


■ National 
 ■ 5 Year Avg 
 ■ London 
 ■ North 
 ■ South 
 ■ Midlands And East

**Herpes Simplex (ICD10: B00)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average

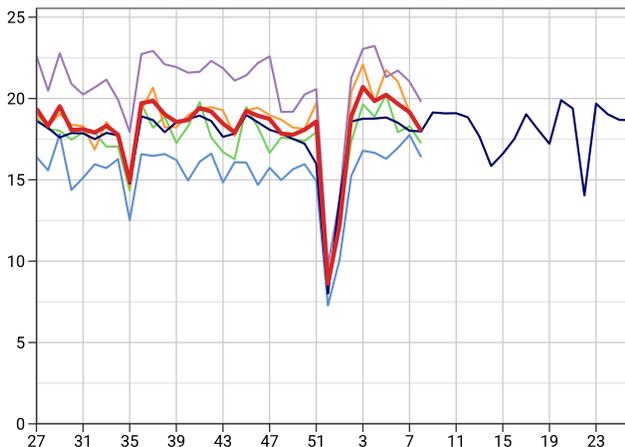


**Herpes Zoster (ICD10: B02)**  
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average

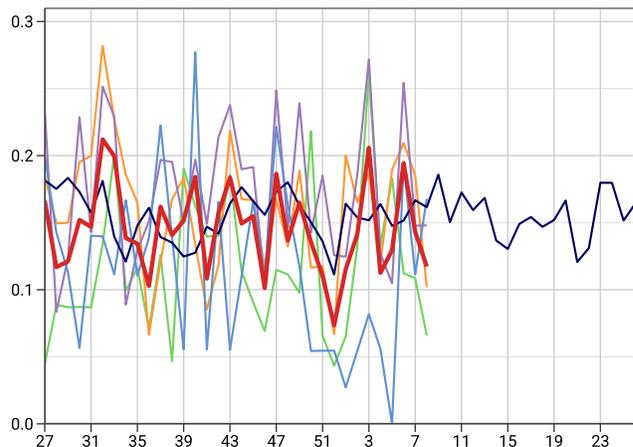


## 6. Disorders Affecting the Nervous System

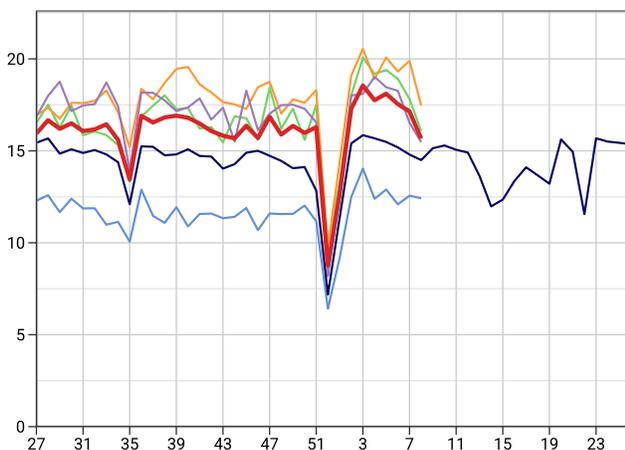
**Disorders of Peripheral Nervous System (ICD10: G50-G64,G70-G72),** Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



**Meningitis/Encephalitis (ICD10: A170-A171,A390,A38-A85,A87,G00-G05),** Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



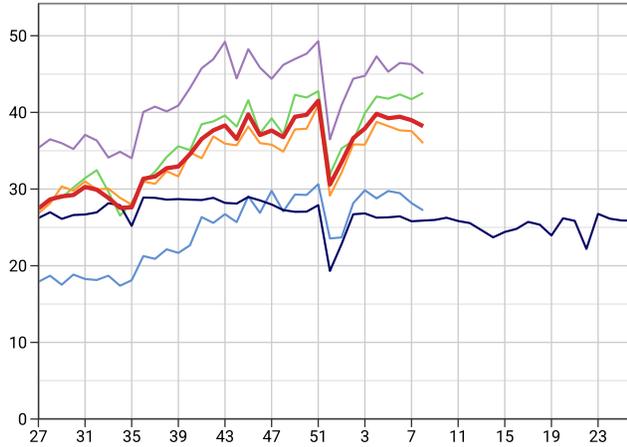
**Symptoms of Nervous & Musculoskeletal Systems (ICD10: R25-R29),** Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



## 7. Genitourinary System Disorders

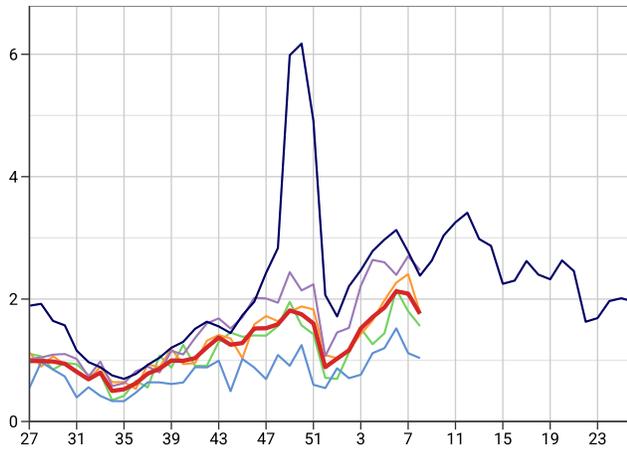
■ National 
 ■ 5 Year Avg 
 ■ London 
 ■ North 
 ■ South 
 ■ Midlands And East

**Urinary Tract Infection/Cystitis (ICD10: N30,N390)**  
 Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average

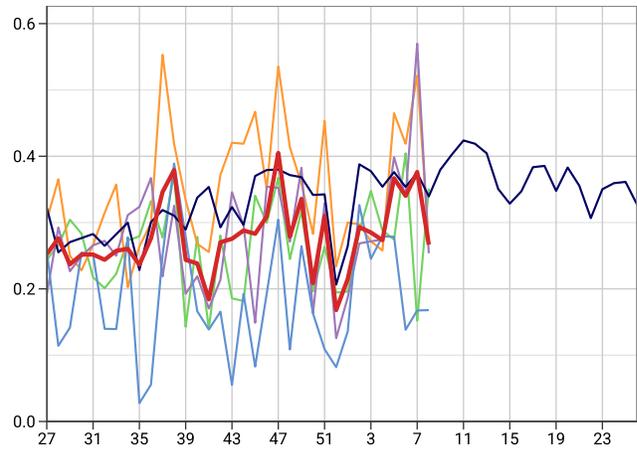


## 8. Other Disorders

**Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J020,J36)**, Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



**Infectious Mononucleosis (ICD10: B27)**  
 Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



## 9. Tabular Summary by Disease

	Week 5	Week 6	Week 7	Week 8
Dates	26/01/2026 - 01/02/2026	02/02/2026 - 08/02/2026	09/02/2026 - 15/02/2026	16/02/2026 - 22/02/2026
Population	18,537,466	18,515,708	18,869,127	18,751,955
Practice Count	1,757	1,759	1,787	1,780

Disease	Week 5		Week 6		Week 7		Week 8	
	Rate	Count	Rate	Count	Rate	Count	Rate	Count
Acute Bronchitis	2.0	377	2.0	362	1.8	343	1.9	361
Acute Respiratory Infections (ARI)	323.9	60,050	326.2	60,402	316.7	59,751	290.9	54,545
Allergic Rhinitis	7.6	1,410	7.8	1,440	7.7	1,448	8.1	1,517
Asthma	11.9	2,198	12.2	2,263	11.3	2,132	11.0	2,065
Bronchiolitis	2.6	474	2.5	472	2.1	398	2.2	408
Bullous Dermatoses	0.1	25	0.2	38	0.1	27	0.2	41
COVID-19	0.7	122	0.5	100	0.6	110	0.5	87
Chickenpox	2.7	500	2.8	514	3.1	585	3.1	574
Conjunctival Disorders	20.2	3,736	21.5	3,974	21.6	4,068	20.8	3,893
Croup	3.5	643	2.9	541	2.5	479	2.4	453
ECLD - COPD exacerbations	7.9	1,472	7.7	1,433	7.9	1,493	7.3	1,373
ECLD - asthma exacerbations	12.2	2,255	11.8	2,192	11.7	2,199	11.0	2,071
Exacerbations of chronic lung disease (ECLD)	20.1	3,725	19.6	3,625	19.5	3,688	18.3	3,430
Herpes Simplex	2.9	540	3.2	594	3.3	630	3.0	571
Herpes Zoster	6.5	1,199	6.6	1,222	6.4	1,215	6.0	1,120
Impetigo	3.5	653	5.0	932	5.6	1,063	5.8	1,095
Infected Insect Bites	1.6	295	1.5	284	1.7	322	1.5	286
Infectious Intestinal Diseases	7.9	1,471	8.3	1,537	8.1	1,526	7.4	1,396
Infectious Mononucleosis	0.4	68	0.3	63	0.4	71	0.3	50
Influenza-like Illness (ILI)	7.6	1,402	6.3	1,169	5.5	1,035	4.8	898
Laryngitis	1.1	202	1.1	202	1.1	208	1.0	186
Lower respiratory tract infections (LRTI)	93.6	17,350	95.0	17,586	92.4	17,431	87.2	16,345
Measles	0.0	8	0.0	9	0.0	9	0.1	18
Meningitis and Encephalitis	0.1	24	0.2	36	0.1	27	0.1	22
Mumps	0.1	11	0.0	7	0.0	6	0.0	7
Non-infective Enteritis and Colitis	3.3	619	3.0	552	3.0	557	3.0	559
Peripheral Nervous Disease	20.2	3,749	19.7	3,642	19.2	3,615	18.0	3,375
Pneumonia	4.2	784	3.8	712	4.1	771	3.6	672
Rubella	0.0	1	0.0	1	0.0	2	0.0	0
Scabies	3.9	724	3.7	681	3.5	665	3.9	738
Sinusitis	30.0	5,570	31.4	5,808	29.8	5,631	29.9	5,599
Skin and Subcutaneous Tissue Infections	78.4	14,541	79.5	14,723	79.0	14,911	79.6	14,934
Strep Throat and Peritonsillar Abscess	1.9	345	2.1	394	2.1	394	1.8	330
Symptoms involving Skin and Integument Tissues	122.7	22,741	121.6	22,515	120.9	22,814	120.8	22,646
Symptoms involving musculoskeletal	18.1	3,357	17.5	3,248	17.1	3,236	15.7	2,938
Tonsillitis and Pharyngitis	58.9	10,916	62.4	11,548	61.7	11,647	56.3	10,563
Upper respiratory tract infections (URTI)	222.1	41,173	225.3	41,719	219.6	41,434	200.7	37,638
Urinary Tract Infections	39.2	7,274	39.4	7,300	39.0	7,356	38.2	7,163
Viral Hepatitis	0.3	52	0.3	56	0.3	53	0.3	48
Whooping Cough	0.0	7	0.0	7	0.0	9	0.0	5

## Further Information

### Focus on winter respiratory infections and infections with epidemic or pandemic infection

A key role of the RSC is to monitor conditions that cause winter pressures on the NHS, as well as provide early warnings of outbreaks, epidemics, and pandemics. The RSC has been collecting data on infections since 1957, conducting sentinel surveillance since 1967 (with virology added in 1993), and serosurveillance from 2000.

Pages 2-6 of this report focus on influenza-like illness (ILI), virology data, and acute respiratory infections (ARI). ILI is the name given to clinically identified flu cases, around half of which will be due to the influenza virus (the other half will be due to other viruses).

### Measuring the level of circulating influenza

The level of influenza-like illness (ILI) is reported using intensity thresholds (Graph A, page 2 and Table E, page 4). These are calculated using the Moving Epidemic Method (MEM). MEM works by identifying seasonal epidemic peaks and then calculating a baseline threshold and intensity levels based on pre- and post-epidemic rates. This provides a better measure of severity of ILI than simply comparing it to the five-year average rate.

The MEM intensity levels for ILI are defined as follows:

<b>Threshold to Medium</b>	Below 40% percentile
<b>Medium to High</b>	From 40% to below 90% percentile
<b>High to Very High</b>	From 90% to below 97.5% percentile
<b>Above Very High</b>	At or above 97.5% percentile

The MEM methodology is used by the UK Health Security Agency (UKHSA) and by the European Centre for Disease Prevention and Control (ECDC) to standardise reporting of influenza activity.

*More information about MEM can be found at:*

<https://pubmed.ncbi.nlm.nih.gov/22897919/>

### Rate of monitored conditions

Our monitored conditions are reported as the number of new cases each week per 100,000 population. We refer to this as the 'weekly incidence'. All conditions are shown with males and females combined.

The report's population, also called the denominator, is the registered population of RSC practices who share anonymised data for this report. The denominator varies weekly as patients register and deregister; additionally, a practice's data may not be included if there is an issue with data extraction.

### Five-year averages

In addition to weekly incidence rates, we plot a five-year average for most conditions. Previously a ten-year average was used, but this window was shortened to reflect faster changes in seasonal variations and therefore enable a more meaningful comparison to relevant historic trends. COVID-19 pandemic years are excluded from this calculation for some conditions.

## Regional rates of monitored conditions

In addition to a national rate, we present regional rates for all monitored conditions for four regions of England. The four RSC regions are aggregated NHS regions:

<b>North</b>	NHS North East and Yorkshire, and North West regions
<b>Midlands and East</b>	NHS East of England and Midlands regions
<b>South</b>	NHS South East and South West regions
<b>London</b>	NHS London region

## Reporting of acute respiratory infections (ARI) by age band

In addition to regional rates, we report rates by age band for ARI. We display five age bands: those aged under 1 year, 1-4 years, 5-14 years, 15-64 years, and those aged 65 years and over. We subdivide ARI into four categories:

- **influenza-like illness (ILI);**
- **exacerbations of chronic lung disease (ECLD),** mainly asthma and chronic obstructive pulmonary disease (COPD);
- **lower respiratory tract infections (LRTI),** including bronchitis and pneumonia;
- **upper respiratory tract infections (URTI),** including tonsillitis and sinusitis.

*More information about our classification of ARI can be found at:*

<https://www.eurosurveillance.org/content/10.2807/1560-7917.ES.2024.29.35.2300682>

## About the RCGP Research and Surveillance Centre (RSC)

### What we do

Established in 1957, the Oxford-Royal College of General Practitioners (RCGP) Research and Surveillance Centre (RSC) is an internationally renowned source of information, analysis and interpretation concerning the onset, patterns, prevalence and trends over time of morbidity in primary care. The RSC provides weekly reports about health and disease: the Weekly Returns Service (WRS). The WRS has been produced since 1967, in collaboration with the UK Health Security Agency (UKHSA) and its predecessor bodies. The University of Oxford currently provides the WRS on behalf of RCGP and UKHSA.

The RSC is active in research and surveillance. In addition to the WRS, the RSC contributes data to UKHSA's Syndromic Surveillance system, and supports vaccine effectiveness studies. The role of general practice members of the RSC is set out in an annual commissioning letter.

*Further information about the RSC can be found on our website:*

[www.rcgp.org.uk/representing-you/research-at-rcgp/research-surveillance-centre](http://www.rcgp.org.uk/representing-you/research-at-rcgp/research-surveillance-centre)

### Our data extraction process and governance

Data are extracted on behalf of the RSC from practice computerised medical record systems, twice a week by Magentus Data Management, or daily by Optum.

Data are pseudonymised as close to source as possible. Data are held on secure servers at the Nuffield Department of Primary Care Health Sciences (NDPCHS) at the University of Oxford. Our systems meet the requirements of the General Data Protection Regulation (GDPR). Further information about the NHS England approval of the RSC's data security can be found at:

<https://www.dsptoolkit.nhs.uk/OrganisationSearch/EE133863-MSD-NDPCHS>

### What the data is used for

The WRS monitors the number of patients consulting with new episodes of illness classified by diagnosis in England and provides weekly incidence rates per 100,000 population for these new episodes of illness. It is the key primary care element of the national disease monitoring systems run by the UK Health Security Agency.

In addition to the WRS, the data are used for other research studies. Any other uses of the data for research follow ethical approval or agreement from NIHR proportionate review, and where relevant Health Research Authority Confidential Advisory Group advice that further approval is not needed.

### Get in touch

For further information about the work of the RSC, or if you would like to be included on our email notification list, please contact:

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