

RSC Communicable and Respiratory Disease Report for England

Week Number / Year

1 / 2026

Population

19,087,909

Dates

29/12/2025 - 04/01/2026

No. Practices

1,807

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) have increased in all regions and all ages groups except those aged 1-4 and 5-14 years this week, but are below the seasonal average for this time of year, pages 3 - 5.

Influenza A and RSV remain the dominant circulating viruses, section C page 4.

Likewise, rates of acute respiratory illness (ARI) have increased in all regions and all ages groups except those aged 1-4 and 5-14 years this week. ARI rates nationally remain below the seasonal average, page 7.

Rates of COVID-19 have increased in all regions and age groups except those aged <1 year, page 6.

Other comments:

- Rates of exacerbation in chronic lung disease (ECLD), page 8; ECLD – Asthma exacerbations, page 9; URTI – Croup, page 11 are all above the seasonal average for this time of year.
- Rates of scabies remain above the 5-year rolling average, page 16.

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	235.7	182.3	↗ 53.4	11.7	9.2	↗ 2.5	12.5	8.0	↗ 4.5
Midlands And East	368.0	263.0	↗ 105.0	11.6	8.9	↗ 2.7	26.4	15.2	↗ 11.1
North	421.3	307.4	↗ 113.9	15.2	12.1	↗ 3.2	39.0	23.1	↗ 15.8
South	323.5	230.5	↗ 92.9	18.2	13.5	↗ 4.6	27.0	15.4	↗ 11.7
National	341.9	248.4	↗ 93.5	14.6	11.2	↗ 3.4	27.1	15.9	↗ 11.2

	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	66.6	41.0	↗ 25.6	160.4	137.8	↗ 22.6	0.3	0.2	↗ 0.1
Midlands And East	137.9	86.6	↗ 51.3	215.4	172.1	↗ 43.4	0.3	0.2	↗ 0.1
North	171.5	105.3	↗ 66.1	229.0	193.3	↗ 35.6	0.7	0.4	↗ 0.3
South	128.3	76.5	↗ 51.8	176.4	146.6	↗ 29.8	0.8	0.4	↗ 0.4
National	129.6	79.4	↗ 50.3	196.0	162.8	↗ 33.2	0.5	0.3	↗ 0.2

Age Group Breakdown

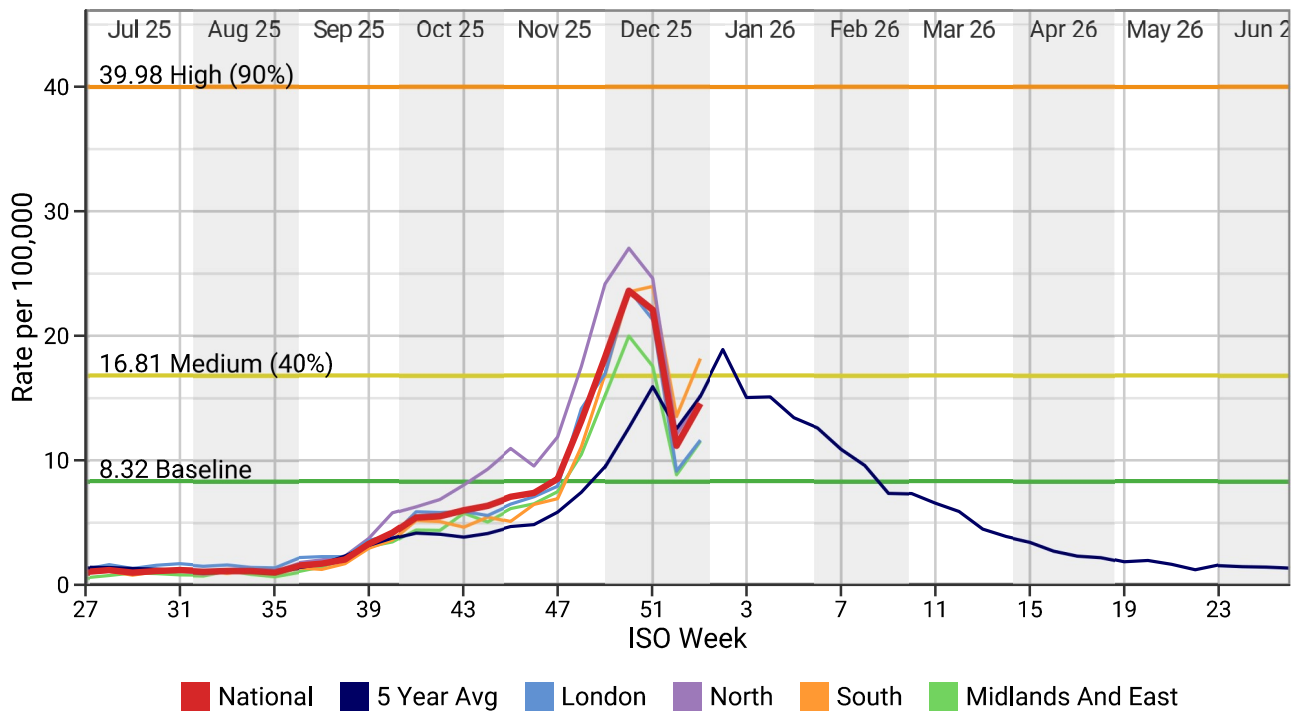
	Acute respiratory infections (ARI)			Influenza-like illness (ILI)			Exacerbations of chronic lung disease (ECLD)		
	This week	Last week	Change since last week	This week	Last week	Change since last week	This week	Last week	Change since last week
<1yr	1,653.5	1,207.4	↗ 446.1	26.7	24.1	↗ 2.7	0.0	0.0	— 0.0
1-4yrs	905.7	1,018.6	↘ -113.0	19.5	23.9	↘ -4.5	1.3	2.0	↘ -0.7
5-14yrs	230.3	287.7	↘ -57.4	4.7	7.0	↘ -2.4	5.4	4.5	↗ 0.9
15-64yrs	272.2	177.9	↗ 94.3	14.1	10.6	↗ 3.5	20.5	12.6	↗ 8.0
65+yrs	482.2	268.4	↗ 213.8	21.1	12.6	↗ 8.5	71.5	38.9	↗ 32.6
All ages	341.9	248.4	↗ 93.5	14.6	11.2	↗ 3.4	27.1	15.9	↗ 11.2

	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	525.4	378.8	↗ 146.6	1,313.3	962.5	↗ 350.8	0.6	1.2	↘ -0.6
1-4yrs	185.0	204.6	↘ -19.7	819.5	935.1	↘ -115.6	0.4	0.7	↘ -0.3
5-14yrs	32.8	41.0	↘ -8.2	203.3	254.2	↘ -51.0	0.0	0.0	↗ 0.0
15-64yrs	91.7	52.3	↗ 39.4	163.3	114.3	↗ 48.9	0.4	0.2	↗ 0.2
65+yrs	298.2	161.0	↗ 137.2	122.3	76.5	↗ 45.8	1.6	0.8	↗ 0.8
All ages	129.6	79.4	↗ 50.3	196.0	162.8	↗ 33.2	0.5	0.3	↗ 0.2

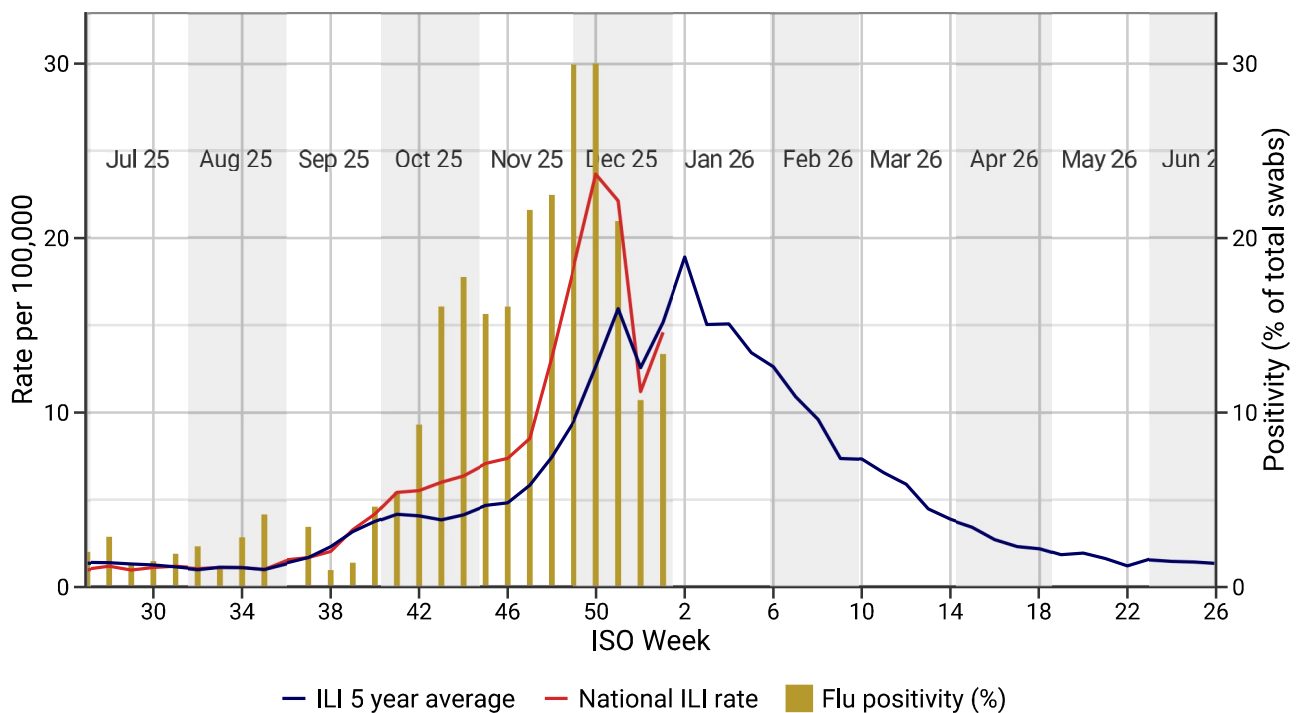
2025/26 Focus

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

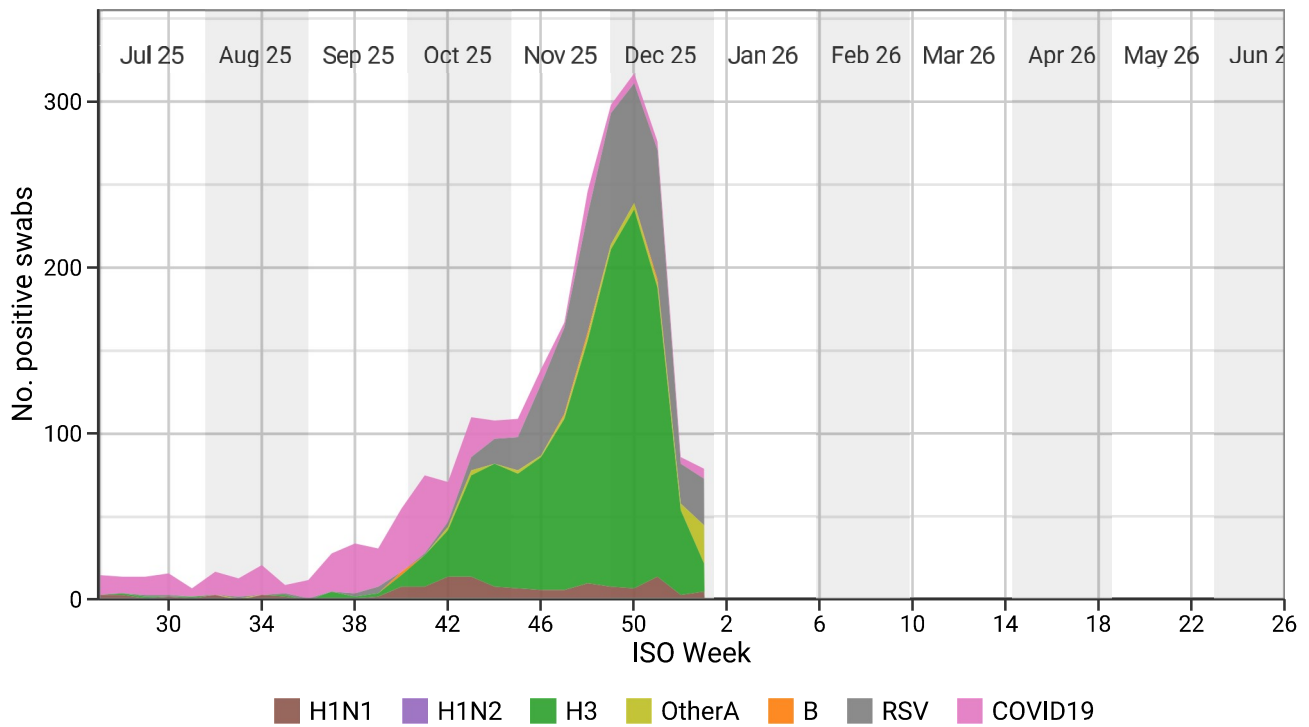
The horizontal lines in the following graph are thresholds derived from the Moving Epidemic Method (MEM) model. See p20 for more information.



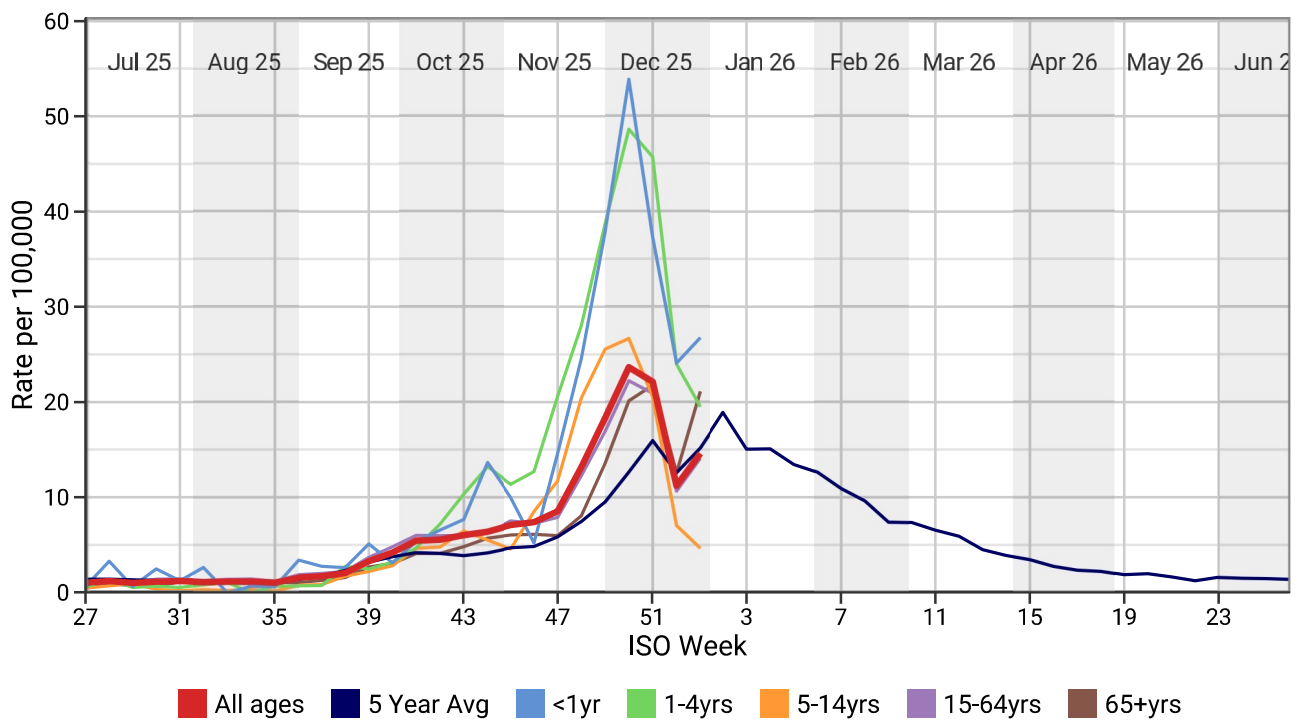
(B) RCGP/UKHSA influenza virology swab surveillance



(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.

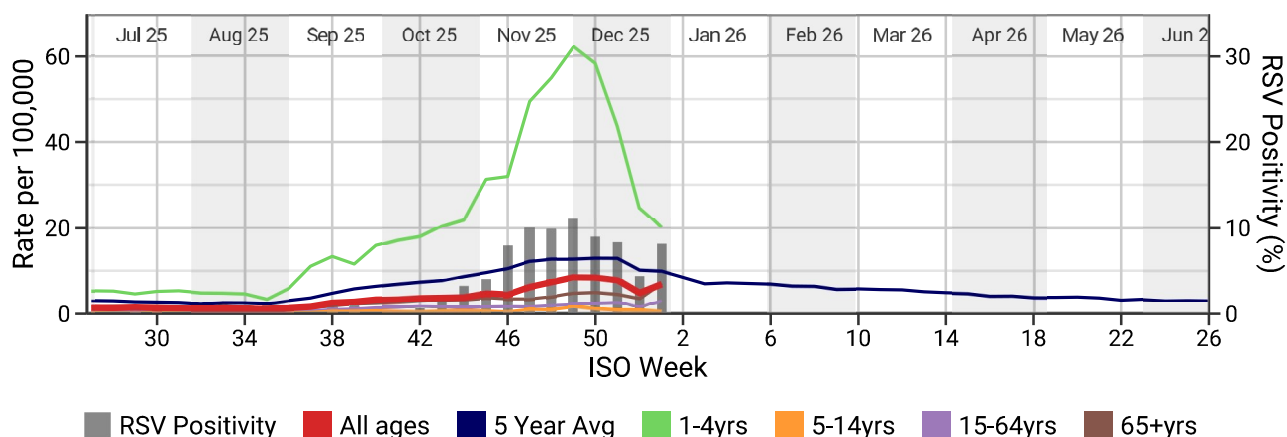
	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
1-4yrs	2.1	1.0	2.0	1.5	1.6	1.6	0.5	1.2	0.6	0.5	1.3	0.5	0.7	0.5	0.8	1.1	0.0	0.7
5-14yrs	0.8	0.6	0.9	1.3	0.3	0.7	1.2	1.0	0.8	0.5	0.7	0.9	0.3	0.2	0.3	0.2	0.3	0.2
15-64yrs	2.2	1.8	2.0	1.7	1.6	2.2	2.1	1.4	1.4	1.3	1.3	1.1	1.4	1.4	1.3	1.4	1.4	1.2
65+yrs	1.9	1.4	1.0	1.3	1.2	2.0	1.5	0.8	0.8	0.6	0.9	0.7	0.6	1.1	0.9	1.0	1.0	1.1
All ages	2.0	1.5	1.7	1.6	1.4	2.0	1.8	1.2	1.2	1.0	1.2	1.0	1.1	1.2	1.1	1.2	1.2	1.0

	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1
1-4yrs	0.7	0.7	2.8	2.5	3.2	4.7	7.2	10.3	13.2	11.3	12.7	20.6	28.0	38.7	48.6	45.7	23.9	19.5
5-14yrs	0.7	0.8	1.7	2.2	2.8	4.6	4.8	6.5	5.5	4.5	8.5	11.7	20.4	25.5	26.6	20.5	7.0	4.7
15-64yrs	1.9	2.0	2.2	3.7	4.8	6.0	6.0	6.0	6.2	7.5	7.2	7.9	12.3	16.9	22.2	20.9	10.6	14.1
65+yrs	1.0	1.2	1.6	2.7	3.1	4.1	4.1	4.8	5.7	6.0	6.1	5.9	8.1	13.5	20.1	21.7	12.6	21.1
All ages	1.6	1.7	2.0	3.3	4.2	5.4	5.6	6.0	6.4	7.1	7.4	8.5	13.2	18.3	23.6	22.1	11.2	14.6

	Below Threshold	Threshold to medium	Medium to high	High to very high	Above very high
1-4yrs		<7.86	7.86 to 16.38	16.38 to 30.29	30.29 to 39.75
5-14yrs		<5.17	5.17 to 11.83	11.83 to 29.13	29.13 to 43.38
15-64yrs		<9.81	9.81 to 18.31	18.31 to 44.31	44.31 to 65.49
65+yrs		<8.10	8.10 to 14.49	14.49 to 37.90	37.90 to 57.96
All Ages		<8.32	8.32 to 16.81	16.81 to 39.98	39.98 to 58.62

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

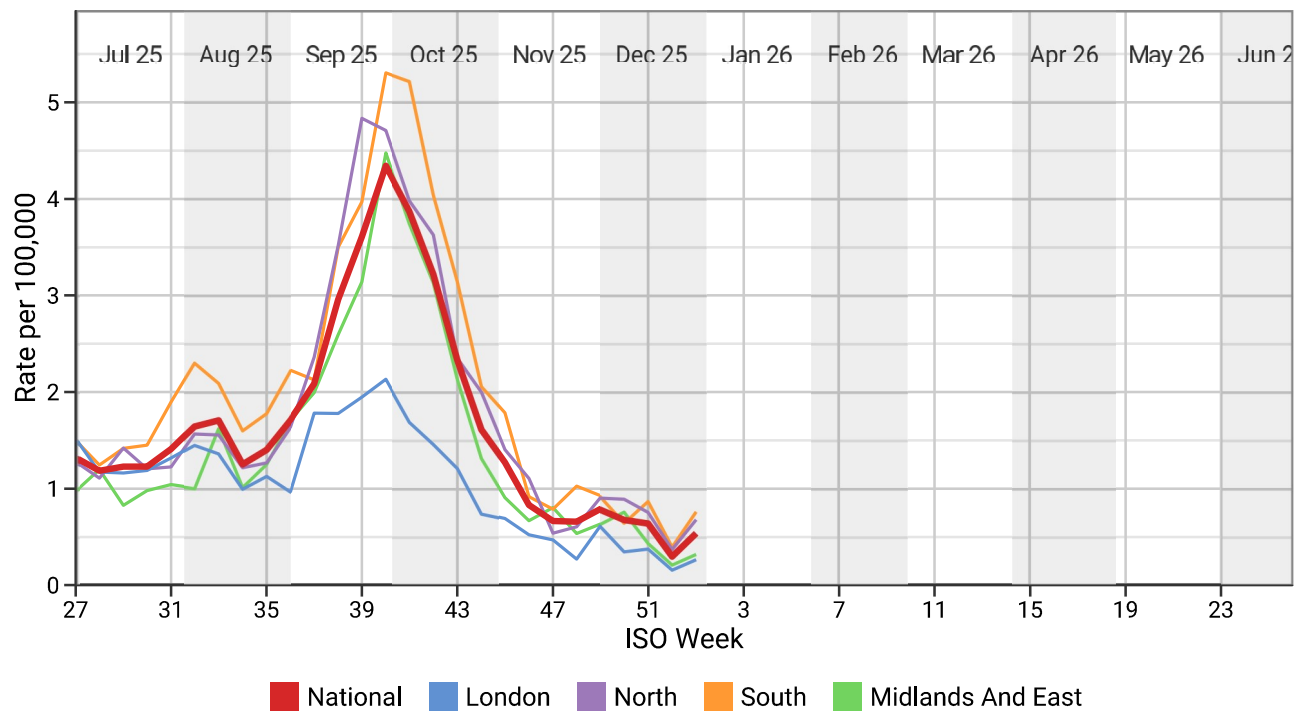
Children under 1 year old are omitted from the following graph.

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

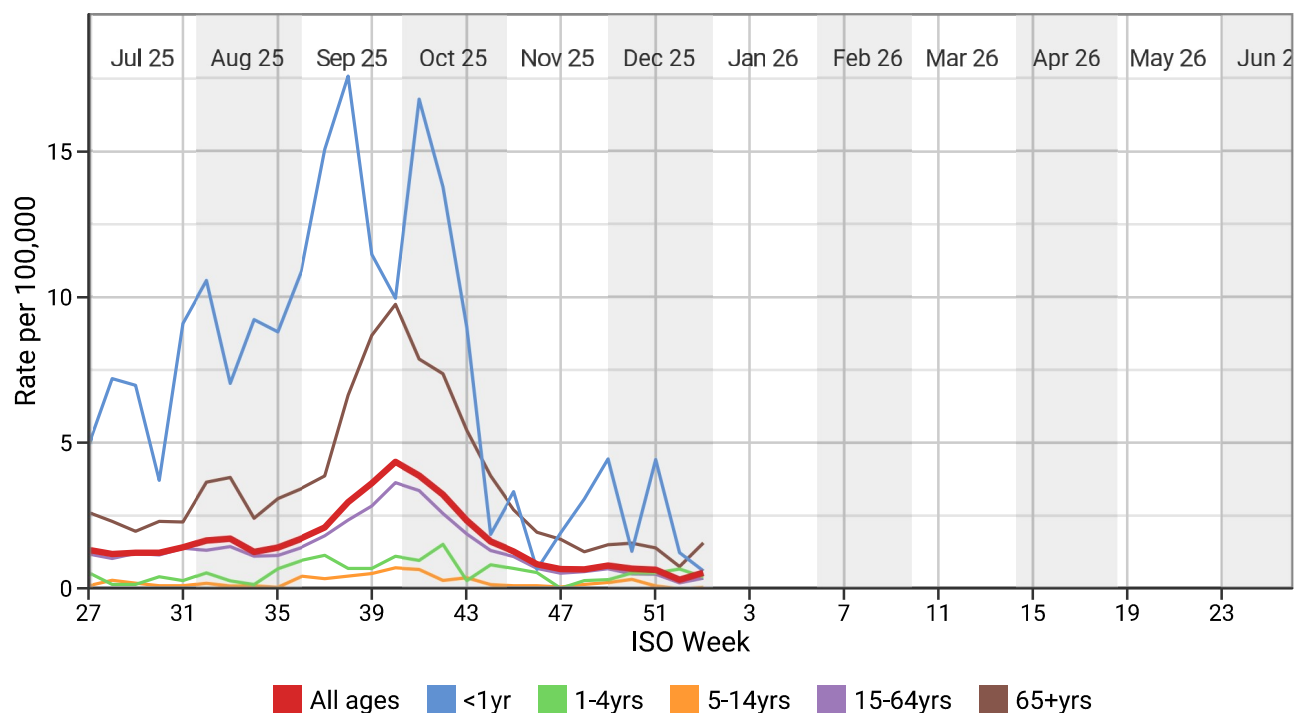
	Influenza-like illness (ILI)	ARI-Bronchitis and Bronchiolitis
<1yr	26.7	321.3
1-4yrs	19.5	20.1
5-14yrs	4.7	0.5
15-24yrs	11.5	1.4
25-44yrs	14.1	2.5
45-64yrs	15.4	4.4
65-74yrs	17.8	6.2
75-84yrs	20.8	8.1
85+yrs	33.8	7.6
All ages	14.6	6.9

	Influenza-like illness (ILI)	ARI-Bronchitis and Bronchiolitis
London	11.7	4.2
Midlands And East	11.6	7.5
North	15.2	7.7
South	18.2	7.3
National	14.6	6.9

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

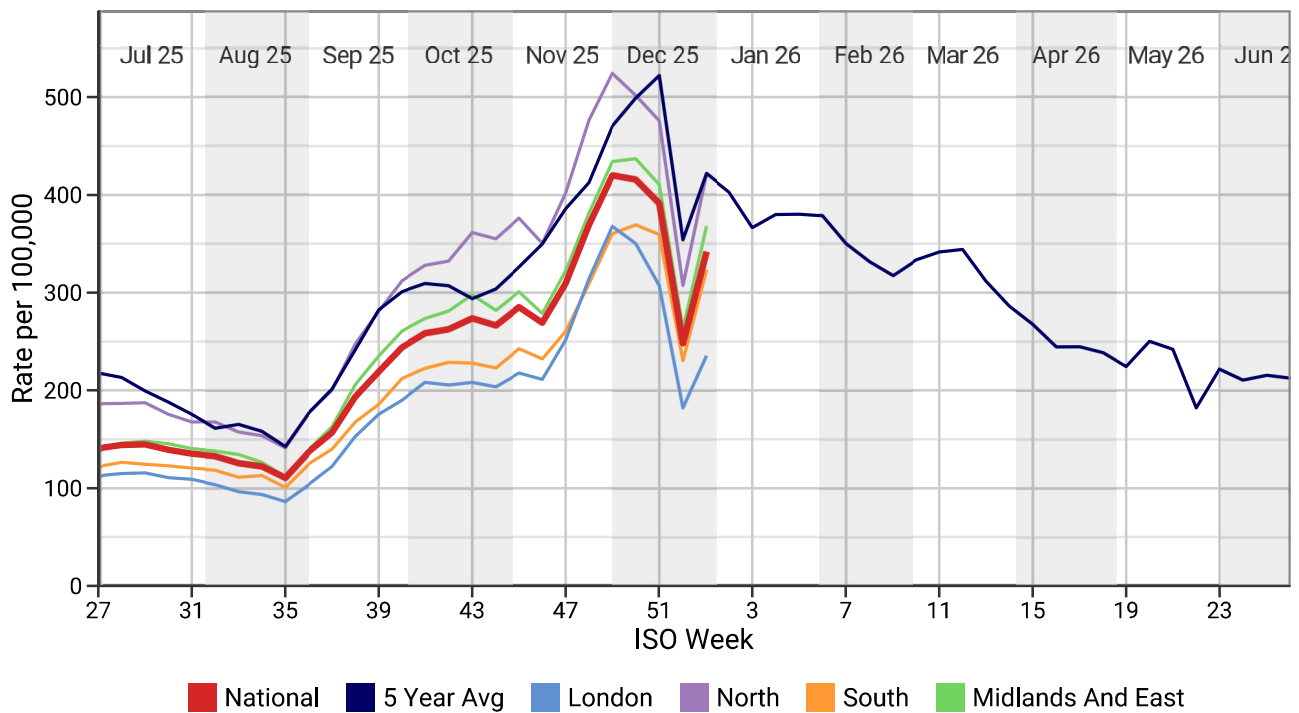


(H) COVID-19: national incidence rate by age band

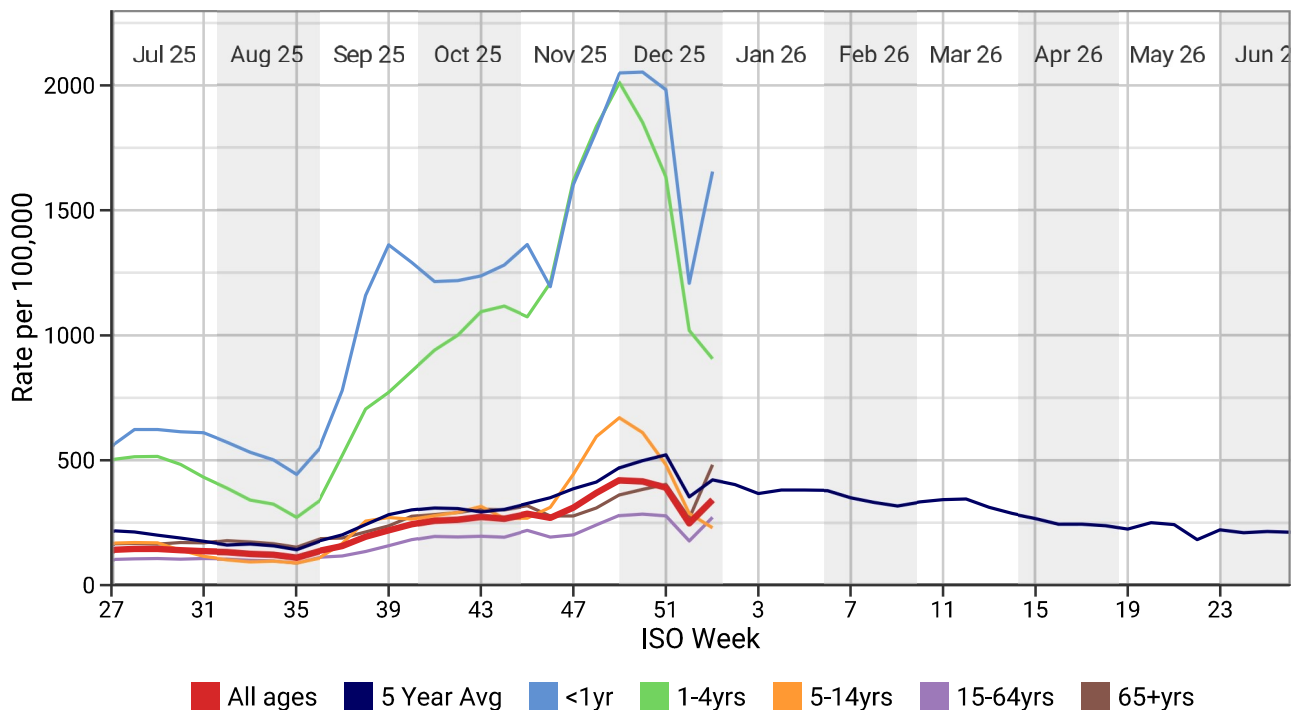


1. Respiratory Infections

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



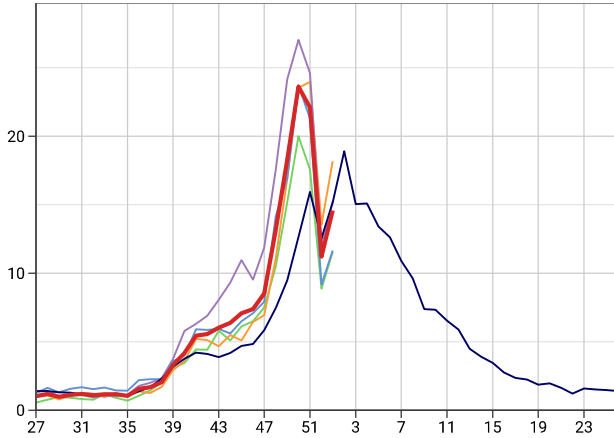
(J) Acute Respiratory Infections (ARI): national incidence rate by age band



Respiratory Infections - by region

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

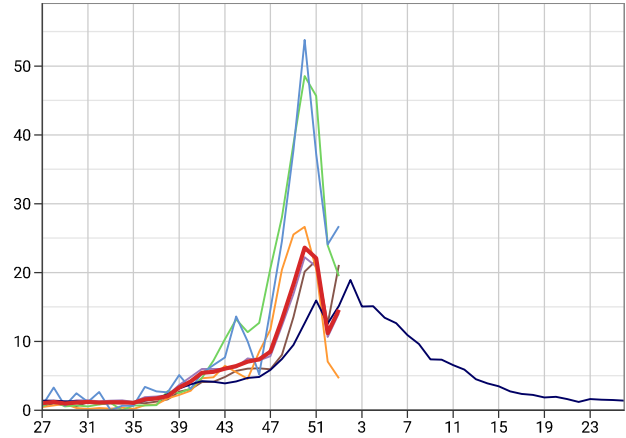
Influenza-like illness (ILI)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



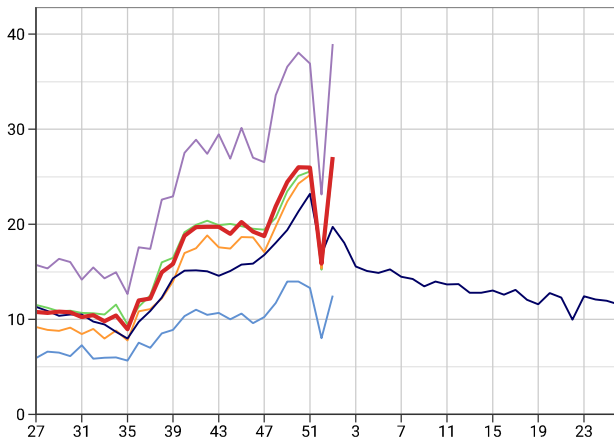
Respiratory Infections - by age band

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

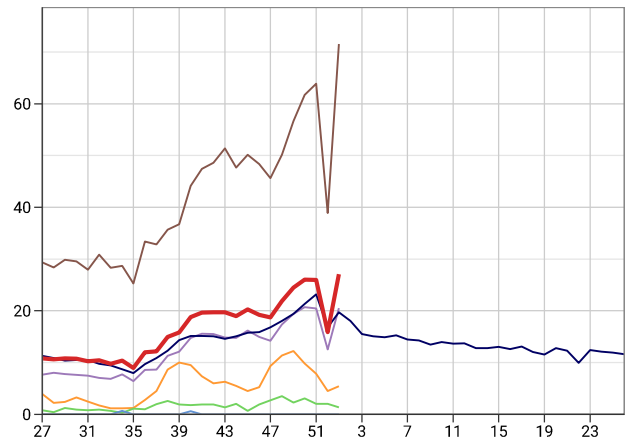
Influenza-like illness (ILI)
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



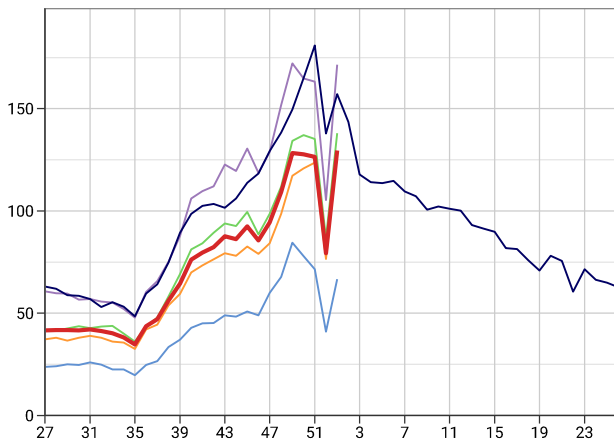
Exacerbations of Chronic Lung Disease (ECLD)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



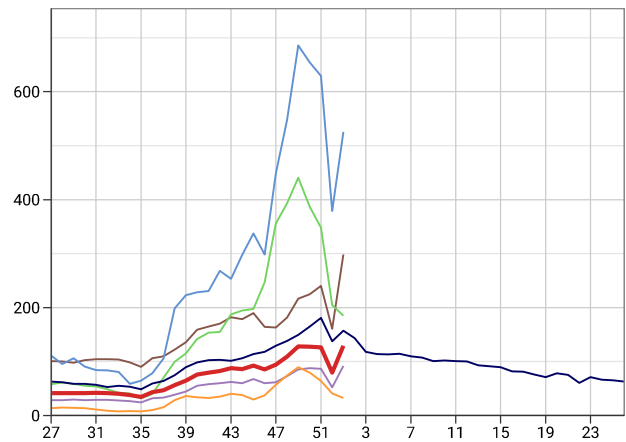
Exacerbations of Chronic Lung Disease (ECLD)
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



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



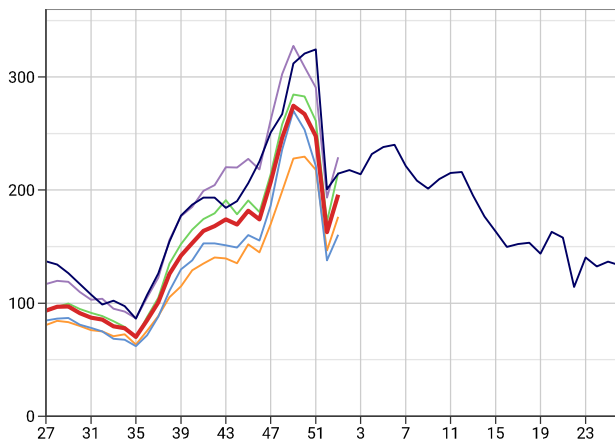
Lower Respiratory Tract Infections (LRTI)
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



Respiratory Infections - by region

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

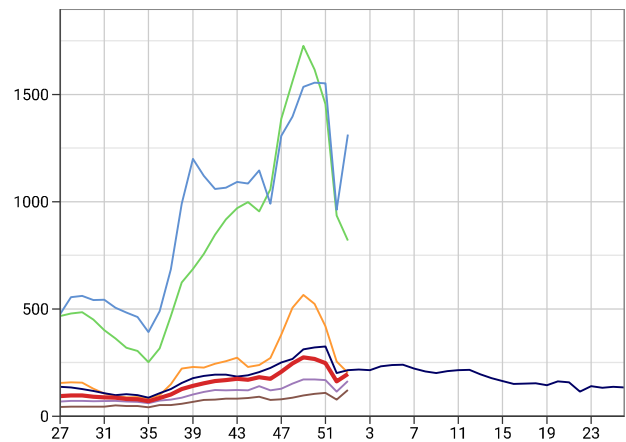
Upper Respiratory Tract Infections (URTI)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



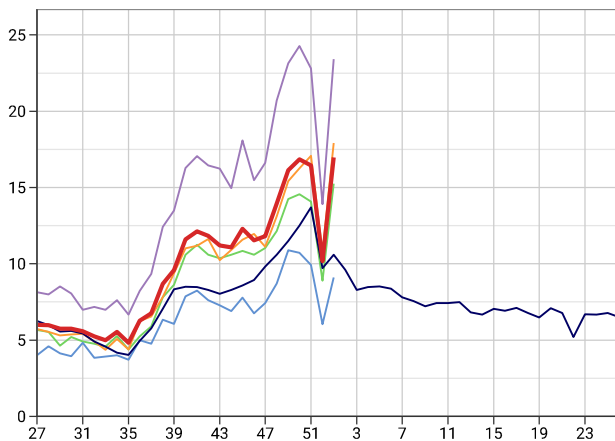
Respiratory Infections - by age band

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

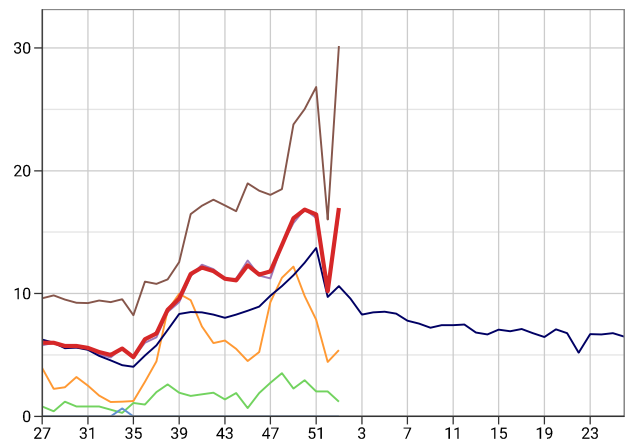
Upper Respiratory Tract Infections (URTI)
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



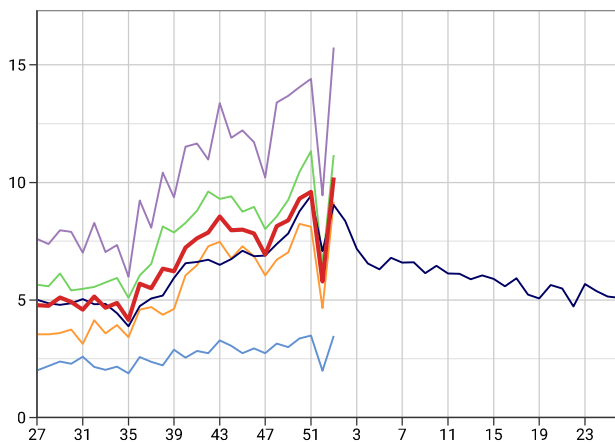
ECLD - Asthma Exacerbations
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



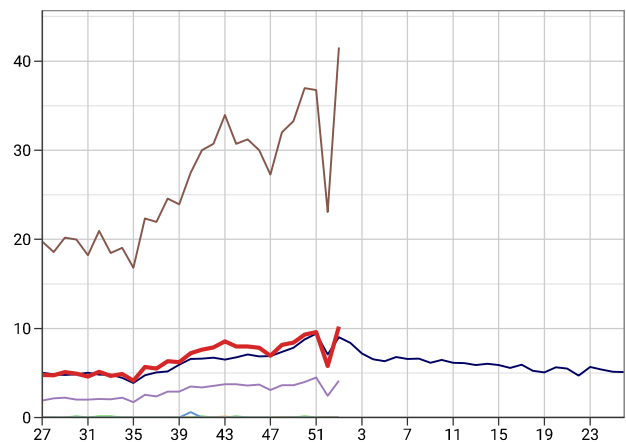
ECLD - Asthma Exacerbations
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



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

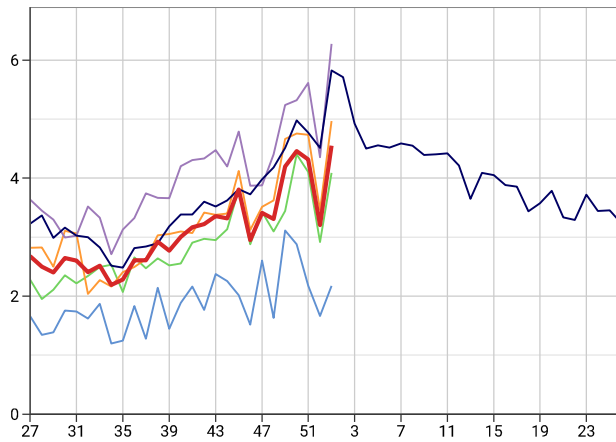


Respiratory Infections - by region

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

LRTI - Pneumonia

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

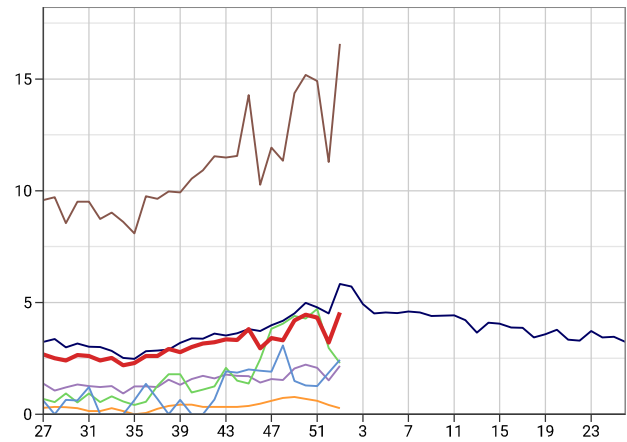


Respiratory Infections - by age band

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

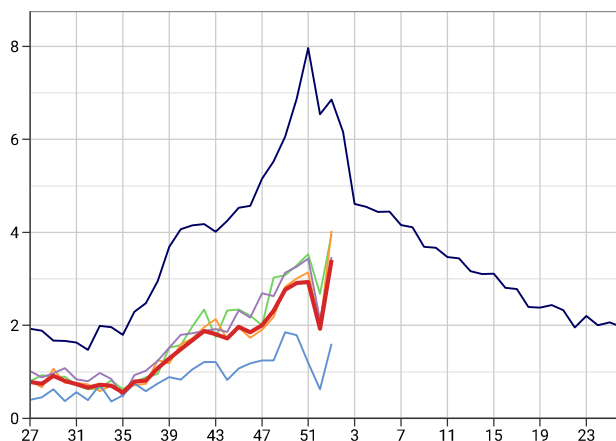
LRTI - Pneumonia

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



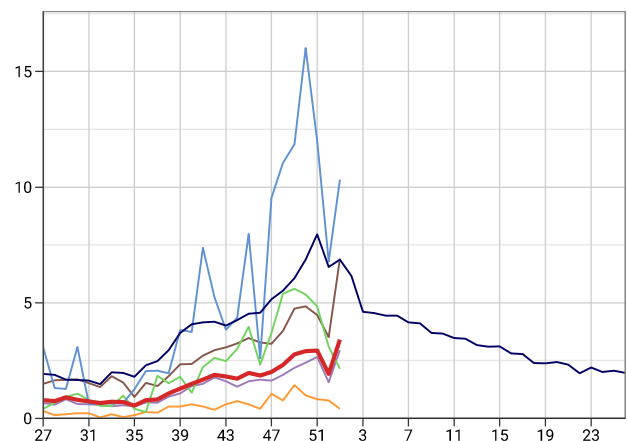
LRTI - Acute Bronchitis

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



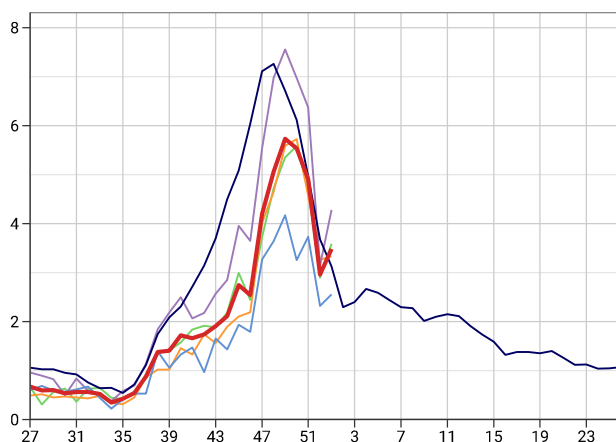
LRTI - Acute Bronchitis

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



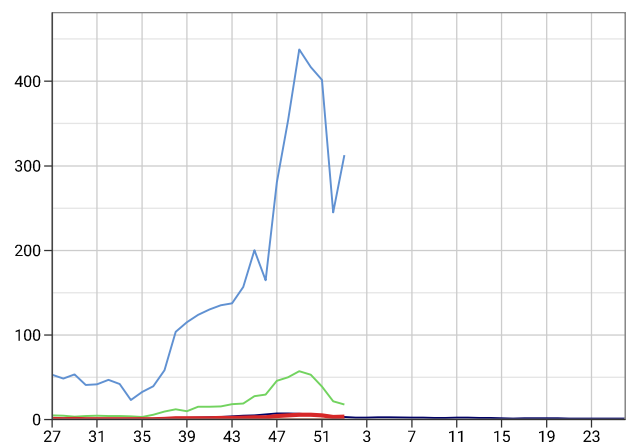
LRTI - Bronchiolitis

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

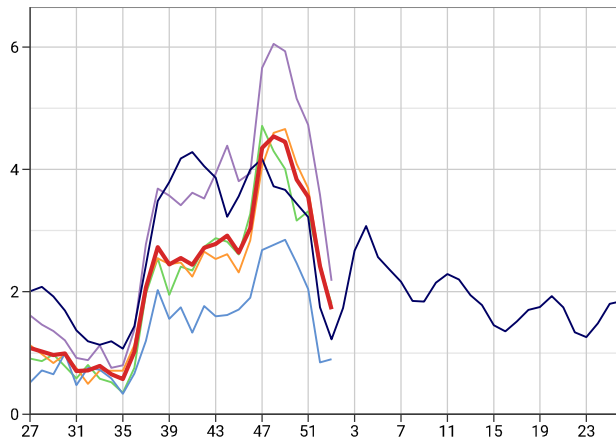


Respiratory Infections - by region

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

URTI - Croup

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

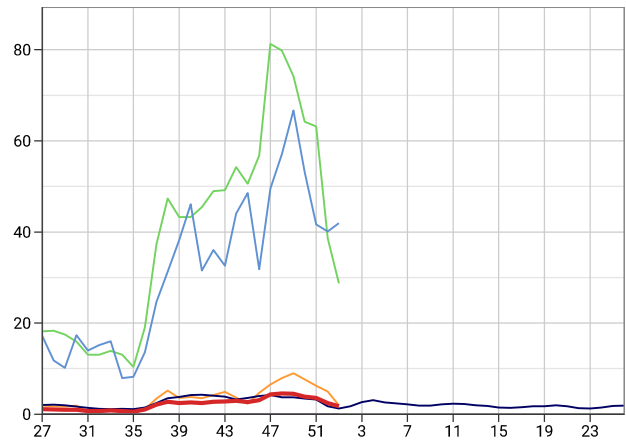


Respiratory Infections - by age band

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

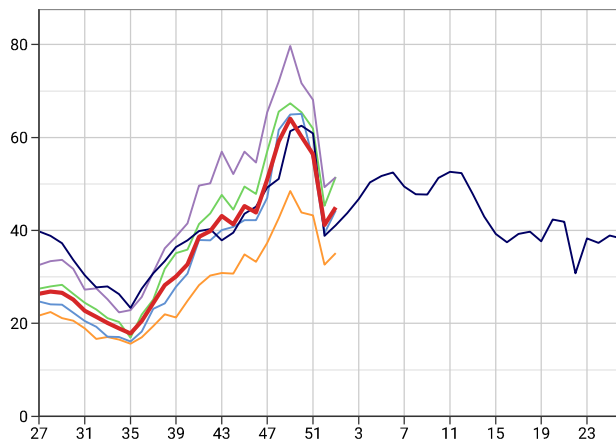
URTI - Croup

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



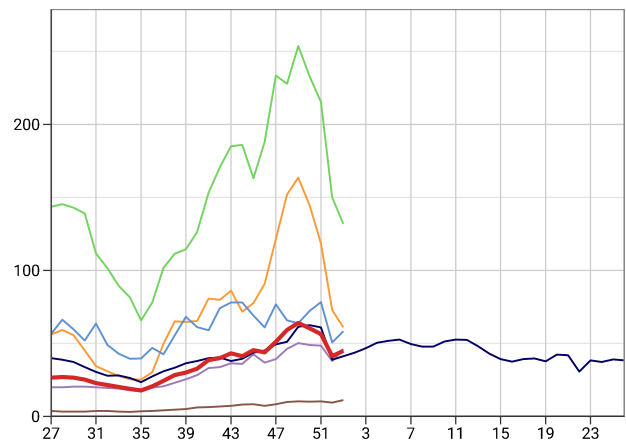
URTI - Tonsillitis/Pharyngitis

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



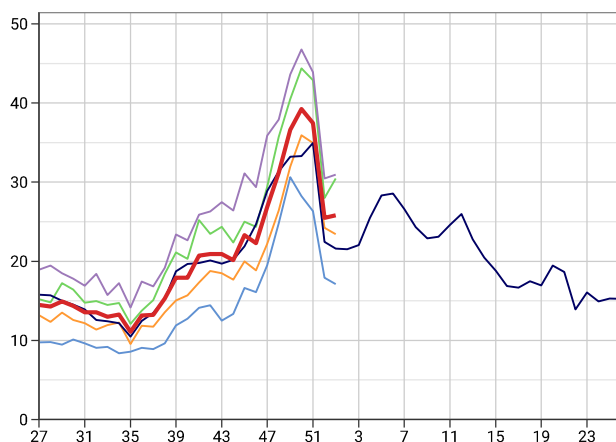
URTI - Tonsillitis/Pharyngitis

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



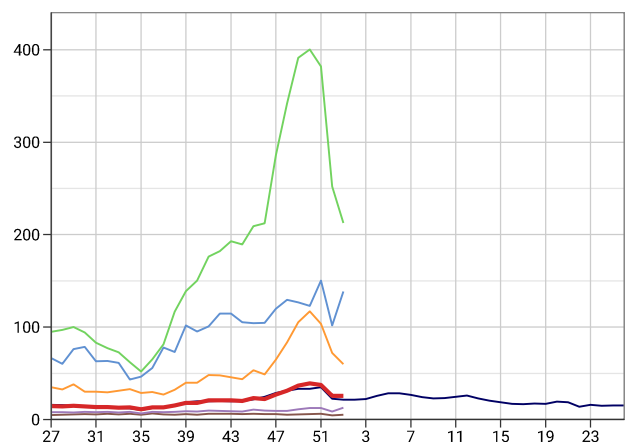
URTI - Otitis Media

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



URTI - Otitis Media

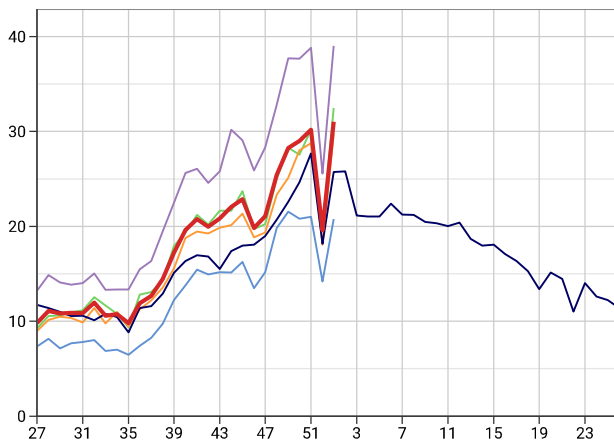
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



Respiratory Infections - by region

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

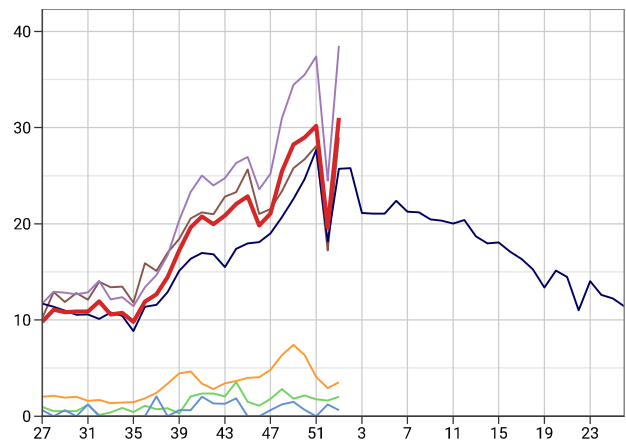
URTI - Sinusitis
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



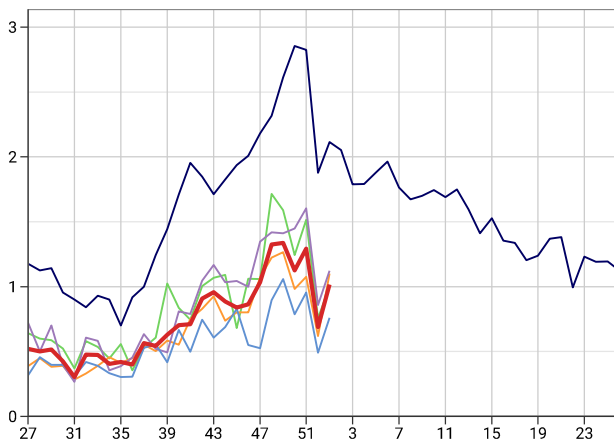
Respiratory Infections - by age band

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

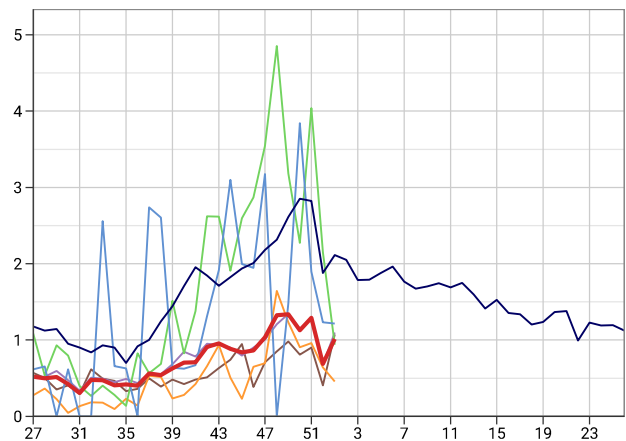
URTI - Sinusitis
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



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



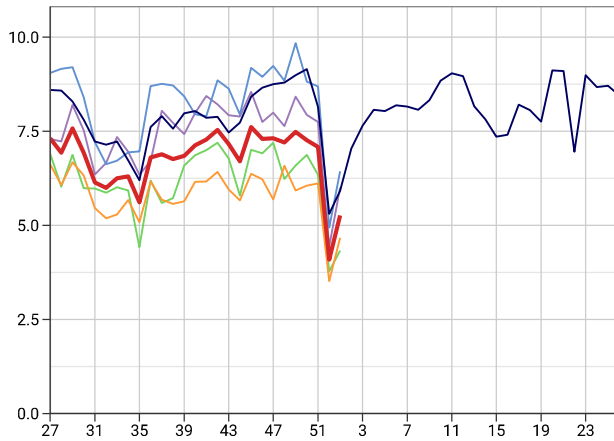
URTI - Laryngitis
Weekly incidence (per 100,000 all ages) by age band for 2025/26 compared with 5 year average



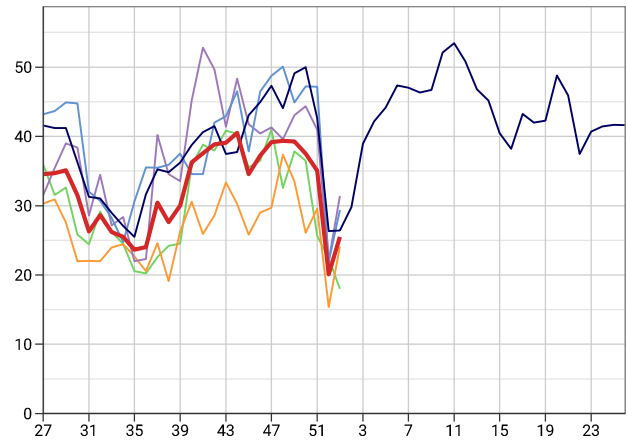
2. Water and Food Borne Disorders

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

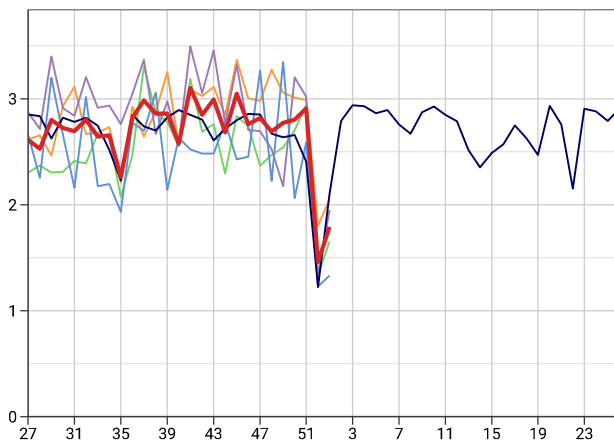
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



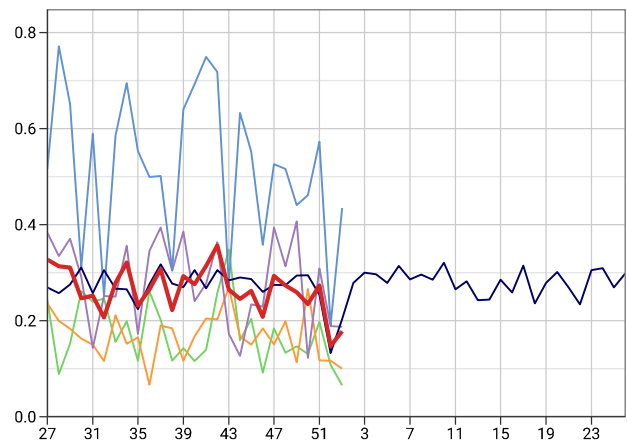
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 0-4 years) by region for 2025/26 compared with 5 year average



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



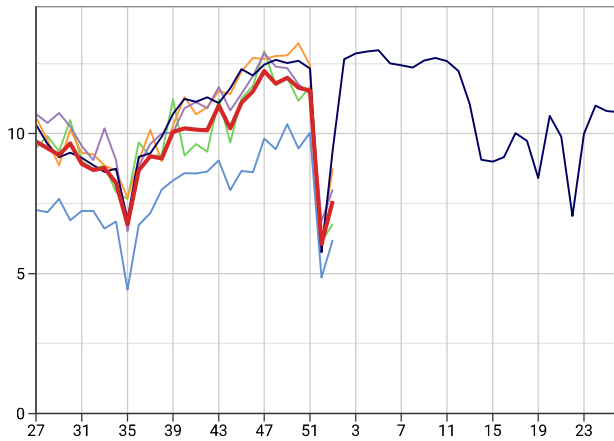
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



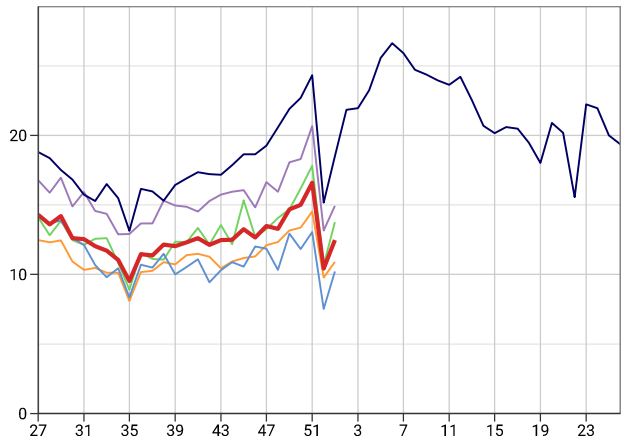
3. Environmentally Sensitive Disorders

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

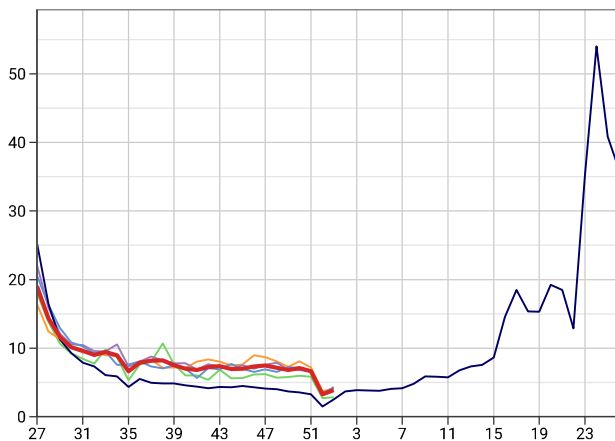
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



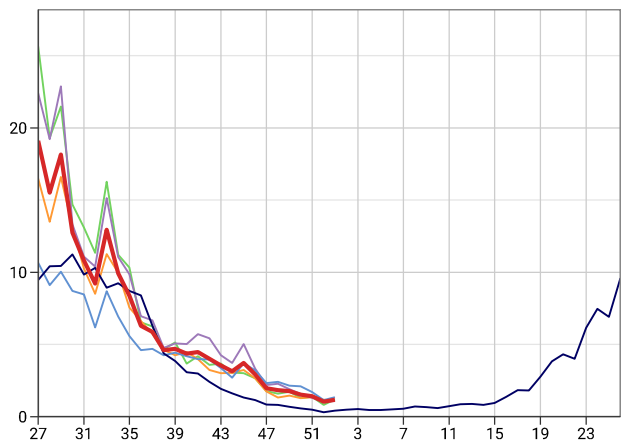
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



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

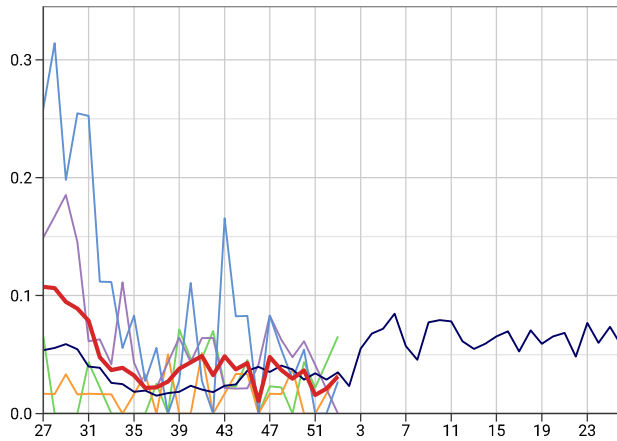


4. Vaccine Sensitive Disorders

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

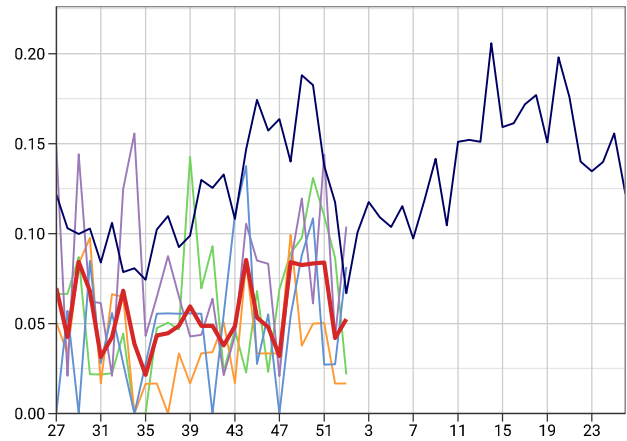
Measles (ICD10: B05)

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



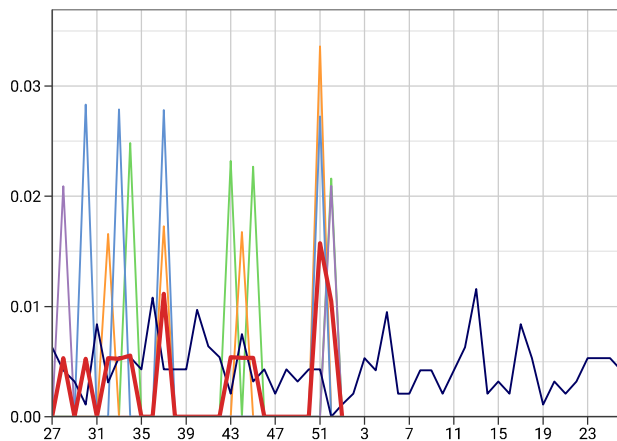
Mumps (ICD10: B26)

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



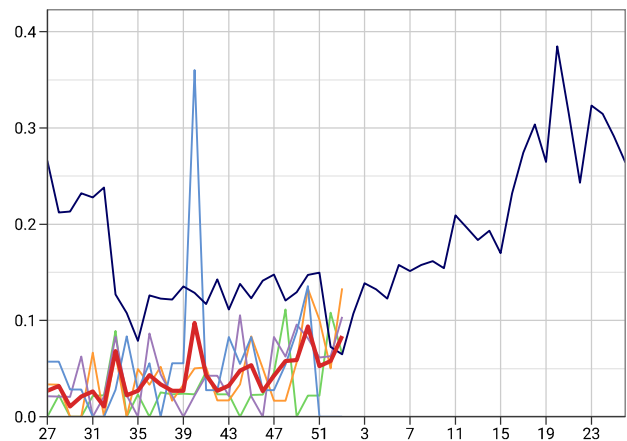
Rubella (ICD10: B06)

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



Whooping Cough (ICD10: A37)

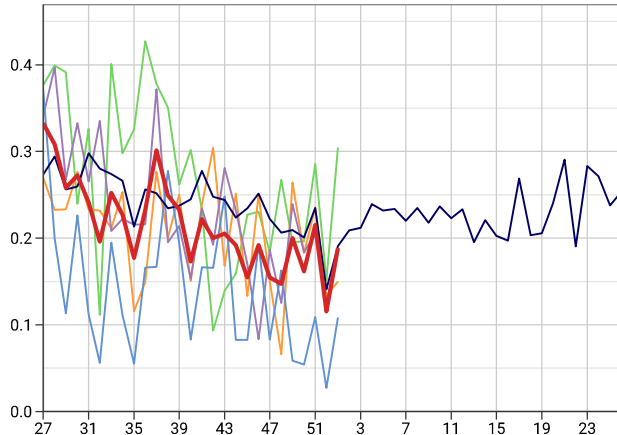
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



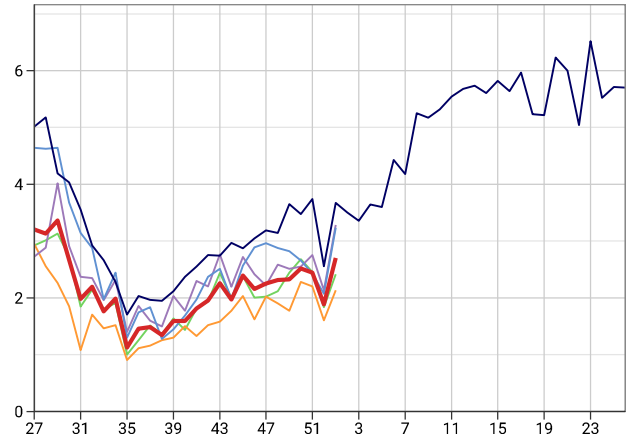
5. Skin Contagions

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

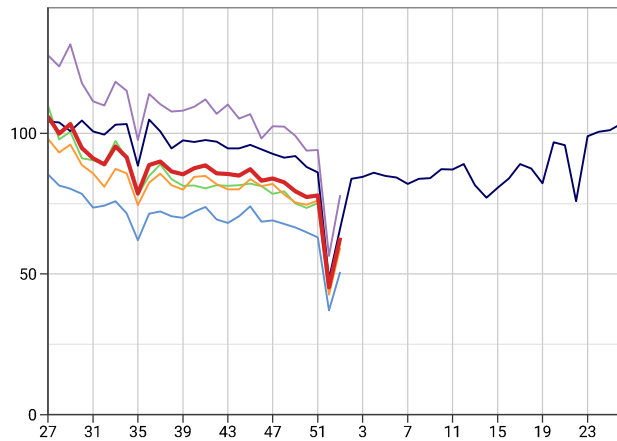
Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



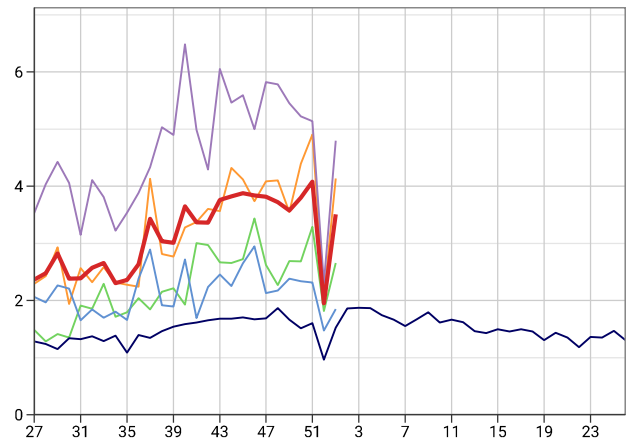
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



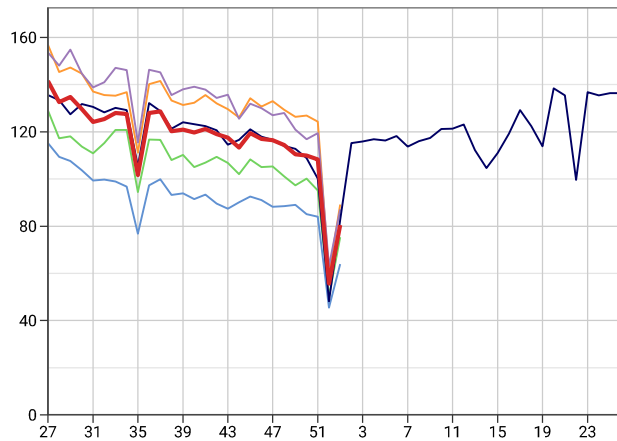
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



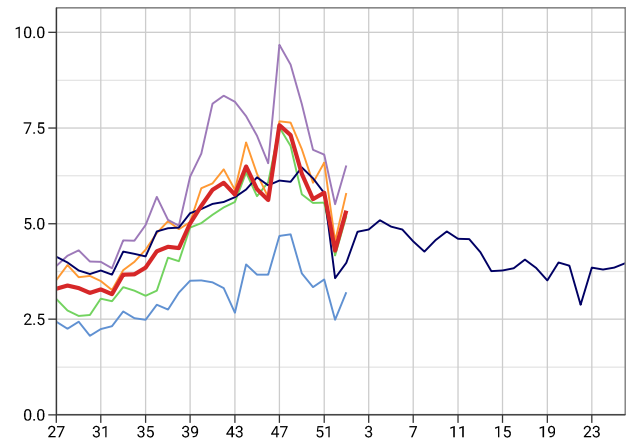
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



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

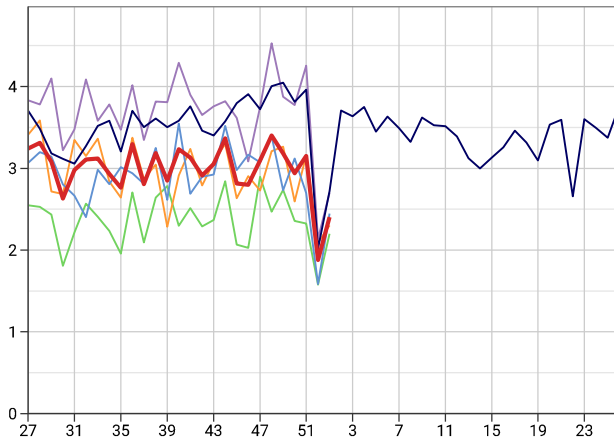


Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average

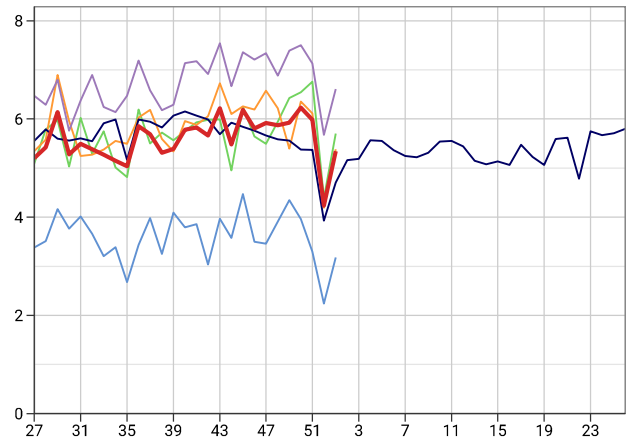


■ National
 ■ 5 Year Avg
 ■ London
 ■ North
 ■ South
 ■ Midlands And East

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

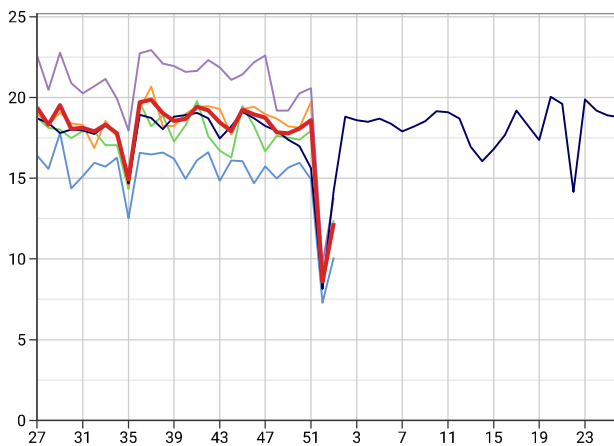


Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average

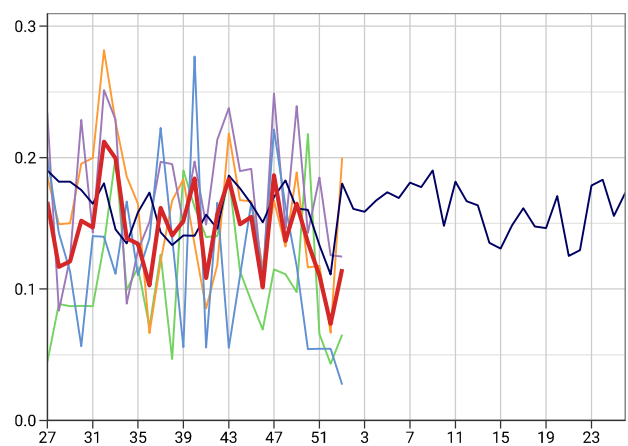


6. Disorders Affecting the Nervous System

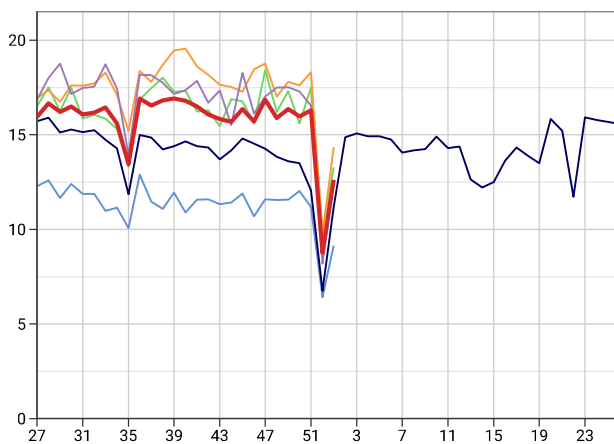
Disorders of Peripheral Nervous System (ICD10: G50-G64,G70-G72), Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



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



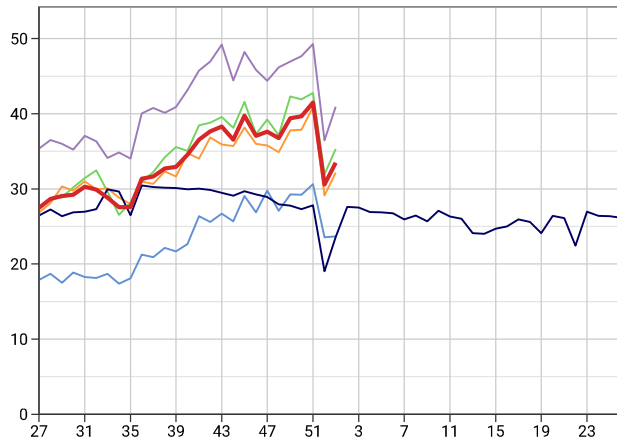
Symptoms of Nervous & Musculoskeletal Systems (ICD10: R25-R29), Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



7. Genitourinary System Disorders

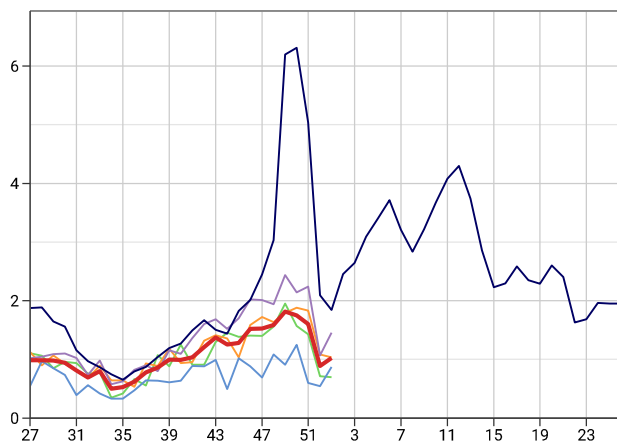
■ National
 ■ 5 Year Avg
 ■ London
 ■ North
 ■ South
 ■ Midlands And East

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

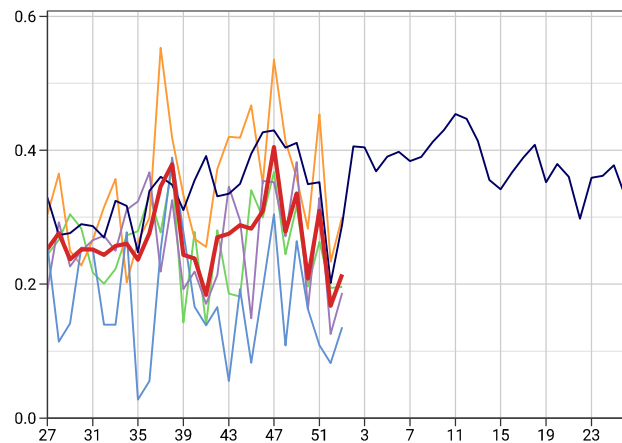


8. Other Disorders

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 50	Week 51	Week 52	Week 1
Dates	08/12/2025 - 14/12/2025	15/12/2025 - 21/12/2025	22/12/2025 - 28/12/2025	29/12/2025 - 04/01/2026
Population	19,184,875	19,046,272	19,053,097	19,087,909
Practice Count	1,808	1,797	1,797	1,807

Disease	Week 50		Week 51		Week 52		Week 1	
	Rate	Count	Rate	Count	Rate	Count	Rate	Count
Acute Bronchitis	2.9	558	2.9	559	1.9	367	3.4	650
Acute Respiratory Infections (ARI)	415.5	79,720	391.1	74,495	248.4	47,328	341.9	65,266
Allergic Rhinitis	7.1	1,358	6.6	1,262	3.3	626	3.9	743
Asthma	11.6	2,233	11.5	2,197	6.1	1,155	7.6	1,449
Bronchiolitis	5.5	1,062	4.9	935	3.0	564	3.5	665
Bullous Dermatoses	0.2	31	0.2	41	0.1	22	0.2	36
COVID-19	0.7	131	0.6	123	0.3	58	0.5	104
Chickenpox	2.5	483	2.4	466	1.9	359	2.7	516
Conjunctival Disorders	15.0	2,879	16.6	3,161	10.4	1,984	12.5	2,381
Croup	3.8	735	3.5	676	2.4	460	1.7	327
ECLD - COPD exacerbations	9.3	1,787	9.6	1,828	5.8	1,103	10.2	1,949
ECLD - asthma exacerbations	16.8	3,230	16.4	3,132	10.2	1,940	17.0	3,238
Exacerbations of chronic lung disease (ECLD)	26.0	4,990	26.0	4,947	15.9	3,022	27.1	5,167
Herpes Simplex	2.9	564	3.2	600	1.9	358	2.4	459
Herpes Zoster	6.2	1,196	6.0	1,140	4.2	807	5.3	1,020
Impetigo	5.6	1,082	5.8	1,107	4.3	819	5.3	1,019
Infected Insect Bites	1.5	292	1.4	270	1.0	200	1.2	225
Infectious Intestinal Diseases	7.3	1,393	7.1	1,349	4.1	779	5.3	1,005
Infectious Mononucleosis	0.2	40	0.3	59	0.2	32	0.2	41
Influenza-like Illness (ILI)	23.6	4,532	22.1	4,209	11.2	2,135	14.6	2,785
Laryngitis	1.1	216	1.3	246	0.7	131	1.0	194
Lower respiratory tract infections (LRTI)	127.7	24,496	126.5	24,088	79.4	15,119	129.6	24,741
Measles	0.0	7	0.0	3	0.0	4	0.0	6
Meningitis and Encephalitis	0.1	26	0.1	21	0.1	14	0.1	22
Mumps	0.1	16	0.1	16	0.0	8	0.1	10
Non-infective Enteritis and Colitis	2.8	538	2.9	554	1.5	278	1.8	342
Peripheral Nervous Disease	18.1	3,468	18.6	3,540	8.6	1,640	12.2	2,333
Pneumonia	4.5	855	4.3	822	3.2	611	4.5	868
Rubella	0.0	0	0.0	3	0.0	2	0.0	0
Scabies	3.8	729	4.1	777	1.9	371	3.5	669
Sinusitis	29.0	5,561	30.2	5,748	19.6	3,735	31.0	5,919
Skin and Subcutaneous Tissue Infections	77.4	14,841	77.9	14,844	45.3	8,624	62.9	12,007
Strep Throat and Peritonsillar Abscess	1.8	336	1.6	305	0.9	169	1.0	196
Symptoms involving Skin and Integument Tissues	109.9	21,086	108.3	20,632	55.6	10,600	80.5	15,359
Symptoms involving musculoskeletal	16.0	3,065	16.3	3,102	8.8	1,670	12.6	2,408
Tonsillitis and Pharyngitis	60.2	11,553	56.4	10,737	41.2	7,847	44.9	8,577
Upper respiratory tract infections (URTI)	267.2	51,257	247.6	47,156	162.8	31,020	196.0	37,408
Urinary Tract Infections	39.7	7,613	41.5	7,907	30.6	5,828	33.5	6,393
Viral Hepatitis	0.2	45	0.3	52	0.1	28	0.2	34
Whooping Cough	0.1	18	0.1	10	0.1	11	0.1	16

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:

Threshold to Medium	Below 40% percentile
Medium to High	From 40% to below 90% percentile
High to Very High	From 90% to below 97.5% percentile
Above Very High	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:

North	NHS North East and Yorkshire, and North West regions
Midlands and East	NHS East of England and Midlands regions
South	NHS South East and South West regions
London	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

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 EMIS-X Analytics (EXA).

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:

Director: Professor Simon de Lusignan (Simon.DeLusignanPA@phc.ox.ac.uk)

RCGP Research and Surveillance Centre
Policy, Research and Campaigns
Royal College of General Practitioners
30 Euston Square
London, NW1 2FB
Tel: 020 3188 7400

Nuffield Department of Primary Care Health Sciences
Gibson Building
Radcliffe Observatory Quarter
Woodstock Road
Oxford, OX2 6GG
Tel: 01865 617855

