

07 July 2026

Definition and confirmation of an influenza case

Would please let me have:

1. Your definition of an active case of influenza.

An active case of influenza is a current infection with an influenza virus (typically influenza A or influenza B) in an individual who is exhibiting symptoms consistent with influenza and/or has laboratory evidence of influenza infection.

Influenza commonly presents as an acute respiratory illness with symptoms such as fever, cough, sore throat, nasal congestion, headache, muscle aches, fatigue, and, in some cases, shortness of breath.

Laboratory-confirmed cases are identified through detection of influenza virus genetic material, antigens, or evidence of infection through other validated laboratory methods

2. The methods used to confirm an influenza case and distinguish it from other acute viral respiratory infections.

Influenza is confirmed by testing a respiratory sample (such as a nose or throat swab). The main methods are:

- **PCR (molecular) testing**
- **Rapid flu tests**
- **Laboratory culture or blood tests**

Influenza is distinguished from other respiratory viruses, such as COVID-19 and RSV, by laboratory testing, which identifies the specific virus causing the infection.