

Protect Yourself and Others This Fall: Stay Ahead of RSV, Influenza, Pneumonia and COVID-19
A message from the [Canadian Thoracic Society](#) and the [Association of Medical Microbiology and Infectious Disease Canada](#)

October 2, 2025 – As the cooler months approach, the Canadian Thoracic Society (CTS) and the Association of Medical Microbiology and Infectious Disease (AMMI) Canada are reminding the public that fall is the start of respiratory virus season and that prevention starts with simple yet effective actions.

Each year, respiratory illnesses like Respiratory Syncytial Virus (RSV), Influenza (Flu), Pneumococcal Pneumonia and COVID-19 place a significant burden on individuals, families and the healthcare system, including thousands of hospitalizations and deaths across Canada. The good news is that vaccines are available for all four illnesses, and more. Staying informed about what is recommended and available in your province or territory is an important first step in protecting yourself and those around you.

“We encourage Canadians to speak with their healthcare providers and discuss what vaccines are recommended for them” says Dr. Erika Penz, respirologist and President of the CTS. “For many people, especially those with chronic lung conditions, vaccines including RSV, Pneumococcal Pneumonia, Flu and COVID can prevent severe illness, reduce the need for hospitalization and save lives.”

Vaccines act as a shield for the individual and a safeguard for those around them. By getting vaccinated, you can be the reason someone stays well this season. “Vaccination is about showing care, building resilience, and standing together.” says Dr. Yves Longtin, President of AMMI Canada. “When you get vaccinated, you help keep hospitals clear, families safe, and life moving forward.”

People living with chronic respiratory diseases such as asthma, COPD, pulmonary fibrosis, cystic fibrosis and lung cancer – as well as older adults, young children, and immunocompromised individuals – are especially vulnerable to complications from respiratory infections.

Beyond vaccination, everyday actions continue to be important tools in reducing the spread of seasonal viruses. Simple measures, like handwashing, avoiding social gatherings when you are feeling unwell, and wearing a mask in high-risk indoor spaces can go a long way in keeping individuals and communities healthy.

You are encouraged to take the following steps to protect themselves and others this respiratory virus season:

- **Stay up to date with your vaccinations**
- **Discuss with your healthcare provider** the RSV, Influenza, Pneumococcal Pneumonia, and Covid-19 vaccination options
- **Stay home when sick** to avoid spreading illness
- **Wash hands frequently** with soap or with a sanitizer

- **Consider wearing a mask** in crowded indoor spaces or when visiting vulnerable individuals. Let's all do our part this fall to stay healthy – and protect our communities from preventable illness.

About the Canadian Thoracic Society

The Canadian Thoracic Society (CTS) is Canada's national specialty society for respirology that brings together specialists, researchers, educators and healthcare professionals working in respiratory, critical care, and sleep medicine. The CTS advocates lung health by enhancing the ability of healthcare professionals through leadership, collaboration, research, learning and advocacy, and providing the best respiratory practices in Canada.

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About the Association of Medical Microbiology and Infectious Disease Canada

AMMI Canada is the national specialty association that represents physicians, clinical microbiologists, and researchers specializing in the fields of medical microbiology and infectious diseases. Through promotion of the diagnosis, prevention, and treatment of human infectious diseases and by our involvement in education, research, clinical practice, and advocacy, AMMI Canada aims to serve and educate the public and also to enhance the career opportunities of its members.

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