

Notice:

In Pakistan, the winter season is accompanied by a significant surge in viral infections, leading to severe respiratory tract illnesses. These illnesses are primarily caused by Influenza, Respiratory Syncytial Virus (RSV), COVID-19, and other viruses.

The Medical Microbiology and Infectious Diseases Society of Pakistan (MMIDSP) strongly recommends vaccination against these diseases, particularly among older adults, due to their increased risk of hospitalization and mortality. As per CDC guidelines, RSV vaccination is highly recommended for:

- Pregnant at 32 weeks through 36 weeks and 6 days gestation from September through January (Please make sure that Approved vaccine is used as some vaccines are NOT recommended for this indication)
- All adults ages 75 and older
- Adults aged 60–74 at increased risk of severe RSV disease

The following conditions increase the risk of severe RSV:

- Chronic cardiovascular disease
- Chronic lung or respiratory disease
- End-stage renal disease or dependence on renal replacement therapy
- Diabetes mellitus with complications
- Neurologic or neuromuscular conditions causing impaired airway clearance or respiratory muscle weakness
- Chronic liver disease
- Chronic hematologic conditions
- Severe obesity
- Moderate or severe immune compromise
- Residence in a nursing home

The details of adult immunization by CDC can be accessed at:

[Adult Immunization Schedule by Age | Vaccines & Immunizations | CDC](#)