
STATEMENT

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Office of the Provincial Health Officer

Provincial health officer's statement on end of respiratory-illness season

VICTORIA – Dr. Bonnie Henry, British Columbia's provincial health officer, has issued the following statement about the end of respiratory-illness season:

“Based on the most recently released data from public-health partners at the provincial and federal level, including yesterday's respiratory-illness season update from the BC Centre for Disease Control, I am officially declaring an end to the 2025-26 respiratory-illness season in B.C.

“This decision is informed by low and decreasing levels of respiratory illness seen in the most recent data for influenza, RSV and COVID-19 in B.C.

“Data published on Thursday, March 5, 2026, from the BC Centre for Disease Control shows that most indicators of respiratory illnesses in B.C. continue to decrease. While influenza B test positivity is showing an expected late-season increase to moderate levels, influenza A test positivity and wastewater levels are low. RSV test positivity, while also elevated, has decreased over the past two weeks, and markers of COVID-19 activity remain low overall. The proportion of visits to emergency departments and primary-care offices for respiratory illness has decreased to modest levels since the peak in late December and early January.

“It's important that you continue to clean your hands regularly using soap and water or alcohol-based hand sanitizer, and cover sneezes and coughs. These practices help keep you, your families and your communities safe, healthy and happy.

“And as spring break approaches and many families are travelling, I remind you to check that your and your family's vaccines are up to date. With measles continuing to spread in many countries, it is important to ensure that everyone is immune to this serious disease. That means having had two doses of measles-containing vaccine if you were born after 1970. Children routinely receive their first dose at one year of age, but if you are bringing an infant to areas where measles is active, your child can receive an early dose of vaccine at six months of age.

“For older people or those who have compromised immune systems, consider an additional dose of COVID-19 vaccine to keep your protection up.”

Contact:

Ministry of Health
Media Relations
250-952-1887

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