

## Public Service Announcement Simple steps to stay healthy

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**Nunavut Wide** 

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The Department of Health reminds Nunavummiut to follow these simple steps to stay healthy and be protected from common respiratory illnesses like the flu and common colds. These steps will help stop the spread of germs and infections:

- Wash your hands and wash them often
- Cough in to your sleeve or a tissue
- Stay home when you feel sick
- Don't smoke indoors or near babies

For more information please see your health care provider at the local health centre, or public health.

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