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Public Service Announcement

Delays at health facilities due to respiratory illness

March 13, 2018
Nunavut-wide

The Department of Health (Health) is advising patients that they may experience delays in service at Qikiqtani General Hospital (QGH) and community health centres due to an increased number of respiratory illness related visits. Health staff are screening patients to ensure those in need of most immediate care are prioritized.

Health strongly recommends if you or your children do not need to be assessed or treated, do not accompany sick family members to the health centre or hospital during this time to avoid potential exposure to respiratory illness.

Antibiotics will not help get rid of respiratory illnesses; our bodies' immune systems will fight them off on their own. If you think you have a respiratory illness, it is important to stay hydrated by drinking lots of water, 100 percent fruit juice, or soup. Stay home and allow your body to recover. Symptoms of respiratory illness include:

- a fever and cough,
- a runny nose,
- a sore throat,
- body aches,
- tiredness or fatigue, and/ or
- loss of appetite.

If you think you have a respiratory illness and you are having difficulty breathing or your symptoms have gotten worse after the first few days, you should go to the hospital or health centre; otherwise you should stay home and rest.

Prevent catching and spreading respiratory illnesses by frequently washing your hands with warm water and soap; cover your cough; and stay home from work or school if you have a respiratory illness. Nunavummiut can find more information and helpful resources at www.flunu.ca.

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