

Public Service Announcement

Get your vaccination and help prevent influenza

Start Date: November 3, 2014 End Date: November 8, 2014 Iqaluit, NU

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The flu season is here! The easiest way to keep yourself and your family healthy this flu season is to wash your hands often and well. When you sneeze or cough, do it into your sleeve.

The best way to protect yourself and your family is to get the flu vaccine every year before the flu arrives in your community. The flu vaccination is recommended for everyone, six months of age and older. There are two types of flu vaccine. For ages two to 17, FluMist is given as a spray in the nose. Everyone else receives the regular vaccine. The flu vaccine is free.

In Iqaluit, people can get their flu vaccine at Public Health from Monday to Friday. The clinics are open in the mornings from 8:30 a.m. to 11:30 a.m., and in the afternoons from 1 p.m. to 4:30 p.m.

Dates and times for evening and weekend clinics in Iqaluit are as follows:

- 5 p.m. to 7 p.m., Tuesday, November 4 and 11.
- 5 p.m. to 7 p.m., Thursday, November 6 and 13.
- 10 a.m. to 2 p.m., Saturday, November 8.

Public Health is located at building 1091 near the airport. You do not need an appointment to get your free flu vaccine.

Together, we can keep Nunavut communities healthy.

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