

## **Public Service Announcement**

## Flu season and vaccination in Nunavut

Start Date: October 7, 2022 End Date: November 4, 2022

Nunavut-wide 60 sec

Flu season is here, and the flu vaccine is best way to protect yourself, your family, and your community. Vaccines help reduce the risk of getting a virus, severe illness, or death.

All Nunavummiut over six months of age are encouraged to get the flu vaccine and the COVID-19 vaccine. It is important to get both vaccinations because COVID-19 and the flu have similar symptoms and can increase the severity of each other. It is safe to receive a flu vaccine and COVID-19 vaccine at the same time.

The flu vaccine is also available at all community health centres in Nunavut. Call your local health centre to book an appointment.

The flu vaccine can be given at any time during the flu season. Getting the vaccine early reduces your risk as the season progresses. Unlike other vaccines that give lifetime immunity, you need to get the flu vaccine every year.

Following these steps can help stop the spread of influenza, COVID-19, and other respiratory illnesses:

- Stay home when you feel sick.
- Cough and sneeze into your sleeve.
- Wash your hands often.
- Avoid touching your face.
- Throw used tissues in the trash right away.
- Keep your distance from others when out and about.
- Don't smoke indoors or around others, especially babies.
- Get vaccinated.

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