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Building Nunavut Together  
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# Public Service Announcement

## Flu Shot Reminder

**Start Date: December 12, 2022**

**End Date: December 22, 2022**

**Nunavut-wide**

**60 sec**

The best way to protect yourself and your family against influenza this season is to be immunized. The flu vaccine is free and available at all community health centres in Nunavut and at Iqaluit Public Health.

Since COVID-19 has very similar symptoms to a cold or the flu, it is important that those who are able get their flu shots do so. While the flu shot does not protect against other viruses or bacteria, it can help reduce pressure on our health system.

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

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

COVID-19 vaccines continue to be available to all Nunavummiut six months and older. Stay up to date on your vaccines and contact your community health centre or public health unit to see if you are ready for your next shot.

For the protection of yourself and the community, health facilities continue to require clients to wear masks.

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