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Building Nunavut Together
Nunavuliuqatigiingniq
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Public Health Advisory

Respiratory illness and the flu Reminder

Start Date: **January 15, 2024**
End Date: **February 15, 2024**
Nunavut-wide **75 sec**

The Department of Health is reminding Nunavummiut of an increased risk of respiratory illnesses, including infections such as Influenza A across Nunavut.

The best way to protect yourself, your family and your community is to get the flu vaccine. Vaccines help reduce the risk of getting a virus, severe illness or death. The flu vaccine can be given at any time during the flu season. Unlike other vaccines that give lifetime immunity, the flu vaccine must be taken annually.

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

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.
- Get vaccinated.

These vaccines are available at all community health centres and public health units in Nunavut. Iqaluit Public Health continues to offer walk-in flu and COVID-19 vaccinations every Friday from 9 a.m. to 4:30 p.m.

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

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Media Contact:

Danarae Sommerville
A/ Manager of Communications
Department of Health
867-975-5949
dsommerville1@gov.nu.ca

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