



## News Release

### Flu Vaccination Available

**IQALUIT, Nunavut (October 17, 2007)** – Annual vaccines for influenza are available at your local health centre or public health office, Health and Social Services Minister Leona Aglukkaq today announced. There is no fee for flu vaccine services to Nunavut residents.

“Anyone can be protected from the more common variants of the virus, and I encourage Nunavummiut take advantage of the influenza vaccination program,” said Aglukkaq. “Even in so-called mild cases, influenza can be a debilitating experience for both the patient and the people who care for them.”

Influenza is of concern because it can leave patients vulnerable to other infections, such as pneumonia. The flu typically starts with a headache, chills and cough. In addition, the flu can cause fever, loss of appetite, muscle aches, fatigue, runny nose, sneezing, watery eyes and throat irritation. Children may also have nausea, vomiting and diarrhea. Most people recover within a week or 10 days.

Persons ‘at risk’ can suffer severe effects, or even complications leading to hospitalization, or death. ‘At risk’ people are defined as elders, infants, people with weak immune systems and people with chronic lung problems.

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