



- All Nunavummiut, whether in a higher risk group or not, should take steps to protect themselves and their families against the flu:
  - Stay in your house if you have flu symptoms, but call your local health centre for advice.
  - Call your health centre immediately if you are in a high risk group and feel like you are getting the flu.
  - Stay away from crowded places if you are in a high risk group — flu can be more easily spread where lots of people are gathered together.
  - Wash your hands often and thoroughly or use hand sanitizer.
  - Keep areas in your home (like counter tops and door handles, as well as items shared by family members) clean and disinfected.
  - Cough and sneeze in your arm, not your hand.
  - Get your flu shot every fall.
  
- All types of the flu should be taken seriously. People need to take the same steps to stop the spread of the flu, no matter where they live, work or visit. To learn more about the flu, call your local health centre or visit [www.fightflu.ca](http://www.fightflu.ca)

**For more information contact:**

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