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 Munarhiliqiyikkut Inuuhiriknirmullu  
 Department of Health and Social Services  
 Ministère de la Santé et des Services sociaux

**Media Update**

**Re: H1N1 Flu Virus**

**Situation Update – As of July 15<sup>th</sup> - 3:00 PM:**

- Since our last update on July 8<sup>th</sup> the Department of Health and Social Services has confirmed 33 additional cases of the H1N1 virus bringing the total number of lab-confirmed cases since the beginning of the outbreak in Nunavut to 405. Of our total cases, approximately 60% are from the Kivalliq Region, 35% are from the Kitikmeot Region, and 5% are from the Baffin (Qikiqtaaluk) Region.
- There have been forty (40) patients with confirmed cases of H1N1 treated in hospital. Thirty-seven (37) of those have recovered and are no longer hospitalized. The vast majority of individuals suffering with flu symptoms are recovering, or have recovered, at home.
- The Government of Nunavut remains vigilant in tracking the progress of the H1N1 virus. The focus of H1N1 testing in Nunavut is now being placed on individuals with severe symptoms and those at high risk of complications and in communities where the virus has yet to be detected. This is consistent with national and international practices in jurisdictions where the H1N1 flu virus is widespread.
- Most Health Centres in the affected communities continue to report that the number of patients they are seeing with flu-like illness is decreasing. The virus continues to behave much like a seasonal influenza virus.
- The Government of Nunavut will be providing weekly updates to the media every Wednesday afternoon. However, should a significant event occur, a situation update will be issued as soon as possible.
- The Department also reminds people who have flu symptoms to **PHONE** their local health centre or hospital for advice rather than going directly to the health centre or hospital. People with flu-like symptoms should stay in their house and use the telephone to call for advice. Symptoms of the flu include fever and cough, runny nose, sore throat, body aches, tired, don't feel like eating, sick in the stomach, and in some cases, throwing-up or diarrhea.

**To stop the spread of the flu:**

- Wash your hands often - in warm, soapy water or by using hand sanitizer.
- Cough and sneeze in your arm.
- Stay in your house if you experience any of the symptoms of the flu. If you think you are getting worse, CALL your community health centre.

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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