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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 22nd - 3:00 PM:

- Since our last update on July 15th the Department of Health and Social Services has confirmed 26 additional cases of the H1N1 flu virus bringing the total number of lab-confirmed cases since the beginning of the outbreak in Nunavut to 431. Of our total cases, approximately 57% are from the Kivalliq Region, 33% are from the Kitikmeot Region, and 10% are from the Baffin (Qikiqtaaluk) Region.
- There have been forty-three (43) patients with confirmed cases of H1N1 treated in hospital. Thirty-eight (38) 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.
- Certain individuals may be at higher risk of complications if they are infected with H1N1. This “higher risk” group includes:
 - adults and children with chronic conditions such as diabetes, cancer and chronic heart and/or lung conditions.
 - pregnant women.
- It is important for pregnant women and adults and children with chronic conditions such as diabetes, cancer and chronic heart and/or lung conditions to **call the health centre right away** for advice if they start having flu symptoms. Early treatment for H1N1 can help lower the risk of complications for higher risk patients. However, the treatment must be given within the first 48 hours of when flu symptoms begin.
- Unless the symptoms are severe or the patient has other medical conditions, staying at home and resting is often the best and fastest way to get better. The Department reminds all people to **call** their local health centre or hospital for advice rather than going directly to the health centre or hospital.
- 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.

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- 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.
- 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

For more information contact:

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