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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 8th - 1:00 PM:

- Since our last update on July 3rd the Department of Health and Social Services has confirmed 32 additional cases of the H1N1 virus bringing the total number of lab-confirmed cases since the beginning of the outbreak in Nunavut to 372. Of our total cases, approximately 60% are from the Kivalliq Region, 37% are from the Kitikmeot Region, and 3% are from the Baffin (Qikiqtaaluk) Region.
- There have been 38 patients with confirmed cases of H1N1 treated in hospital. Twenty-seven 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.
- On June 30th, a person who was officially recognized as a resident by both Nunavut and Alberta died in an Alberta hospital. The person was H1N1 positive but it is still not clear what role the H1N1 virus played in the death as the individual had chronic pre-existing medical conditions. As the person was recognized by Alberta as a resident and died in that province, the death was reported by Alberta's Chief Medical Officer of Health as an Alberta death associated with H1N1.
- Nunavut remains vigilant in tracking the progress of the H1N1 virus. 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 is now focusing our H1N1 testing 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.
- 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

For more information contact:

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