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

June 10, 2009

**PUBLIC SERVICE ANNOUNCEMENT – SHORT
 H1N1 Flu Virus**

You may have heard the H1N1 flu virus has arrived in Nunavut.

There is no need for alarm. Right now this flu virus is the same as other types of flu that we all know.

The symptoms are the same: fever **and** cough, runny nose, sore throat, body aches, tired, don't feel like eating, feel sick to your stomach, throw up or have diarrhea

The treatment is the same: drink lots of water and juice, get lots of rest, eat like normal, and fever, aches, and pains may be treated with Tylenol or Advil. And do your visiting by phone.

To stop the spread of the flu:

- Wash your hands often - in warm, soapy water or use hand sanitizer.
- Cough and sneeze into your arm – not into your hands
- Stay at home if you experience any of the symptoms of the flu, and 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.

This message is brought to you by the Government of Nunavut's Department of Health and Social Services.

For more information on flu prevention, visit
 www.fightflu.ca
 or call 1-800-454-8302
 TTY 1-800-465-7735