

- The move by the W.H.O. to Phase 6 also does not change Nunavut's current response to the diagnosis, treatment, infection control or public health measures of the H1N1 flu virus. We will be activating Level 6 of the Department's Pandemic Influenza Plan (PanFlu Plan).
- To date, the Government of Nunavut has undertaken the following actions:
 - Increased surveillance by frontline health care workers.
 - Issued Public Health Advisories and public information on how to protect yourself from the flu
 - Produced public service announcements for use on community radio stations
 - Provided healthcare workers with updated guidelines based on our current knowledge of the virus.
 - Communicated with Nunavummiut through local radio stations, newspaper interviews and advertisements.
 - Ensured protocols and guidelines are in place to address the anticipated impact on the healthcare system

Prevention Advice for General Public

The flu symptoms include: fever and cough, runny nose, sore throat, body aches, tired, don't feel like eating, sick in the stomach, and in some cases throw-up or diarrhea.

People suffering from flu-like symptoms should stay home and drink lots of water and juice, get lots of rest, eat like normal, and treat fever, aches, and pains with Tylenol or Advil and do any visiting by phone. If you think you are getting more sick, call your community health centre.

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 at home 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.

For more information, call your local health centre or visit www.fightflu.ca