

- The decision by the W.H.O. to move to Phase 6 does not mean the H1N1 flu virus is of more risk to people in the territory today than it already has been. However, the move to level 6 does highlight the urgency of the work we are doing and the importance of people taking steps to protect themselves from flu-like illnesses.
- 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. The department will be activating Level 6 of the Health and Social Service Pandemic Influenza Plan (PanFlu Plan).
- To date, the Government of Nunavut has taken 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

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.

To learn more about the flu, call your local health centre or visit www.fightflu.ca

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