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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 June 17<sup>th</sup> - 1:00 PM:

- Since our last update on June 16<sup>th</sup>, the Department of Health and Social Services has confirmed six additional cases of the H1N1 virus bringing the total number of confirmed cases in Nunavut to 195. Of our total cases, approximately 55% are from the Kitikmeot Region, 43% are from the Kivalliq Region, and 2% are from the Baffin (Qikiqtaaluk) Region.
- There have been 19 patients with confirmed cases of H1N1 treated in hospital. Twelve of those 19 have recovered and are no longer hospitalized.
- Health Centres in the affected communities continue to report that the number of patients they are seeing with flu-like illness is decreasing. The vast majority of individuals suffering with flu symptoms are recovering, or have recovered, at home.
- Consistent with the approach of the World Health Organization, the Government of Canada and other jurisdictions throughout Canada, there are no travel advisories or restrictions in Nunavut.

## To stop the spread of the flu:

People with flu-like symptoms – which 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 – are advised to stay in their house. People with flu like symptoms should NOT go directly to the health centre – they should CALL the health centre for advice first.

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

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For more information contact:
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