

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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