

- Local and senior health officials are available to discuss public health considerations related to individual events and activities with community leaders and event organizers as needed or requested.
- Consistent with the approach of the World Health Organization, the Government of Canada and other jurisdictions throughout Canada, there are no H1N1 related travel advisories or restrictions in Nunavut.

To stop the spread of the flu:

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- 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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