

Media Update Re: H1N1 Flu Virus

Situation Update – As of June 23rd - 1:00 PM:

- Since our last update on June 22nd the Department of Health and Social Services has confirmed two
 additional case of the H1N1 virus bringing the total number of confirmed cases in Nunavut to 236. Of
 our total cases, approximately 50% are from the Kivalliq Region, 47% are from the Kitikmeot Region,
 and 3% are from the Baffin (Qikiqtaaluk) Region.
- There have been 22 patients with confirmed cases of H1N1 treated in hospital. Sixteen of those 22 have recovered and are no longer hospitalized.
- <u>The Department reminds people who have flu symptoms to **PHONE** their local health centre or hospital for advice rather than going directly to the health centre or hospital. People with flu-like symptoms should stay in their house and use the telephone to call for advice. Symptoms of the flu 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.
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- In preparation for upcoming community events across the territory such as Canada Day and Nunavut Day, the Department is supporting local communities and event organizers to prevent the spread of the flu virus.
 - Community health staff including public health nurses, community nurses, community health representatives, environmental health officers, public health inspectors, etc. – will be providing hand sanitizer; flu prevention handouts; and prevention, hand-washing, and respiratory hygiene posters.
- The Department also reminds people that not all individuals suffering from flu-like symptoms will be tested for the H1N1 virus. Increased testing was only done to determine the spread of the virus in Nunavut. Testing is not needed because the treatment for H1N1 is the same as for other flu viruses.
- The Department <u>IS NOT</u> recommending the closure of schools, daycares or businesses.
 - If children or employees are sick with flu symptoms, they should stay in their house and phone the health centre for treatment advice. This is the same advice for all types of the flu and the best way to stop its spread.
 - In schools, daycares, homes, and businesses, the flu virus can be killed by standard household disinfectants.
 - The Department recommends that business owners and managers keep employee and public washrooms stocked with soap and paper towels at all times.
- 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:

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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