



**Media Update  
 Re: H1N1 Flu Virus**

**Situation Update – As of June 25<sup>th</sup> - 1:00 PM:**

- Since our last update on June 23<sup>rd</sup> the Department of Health and Social Services has confirmed 29 additional case of the H1N1 virus bringing the total number of confirmed cases in Nunavut to 265. Of our total cases, approximately 55% are from the Kivalliq Region, 43% are from the Kitikmeot Region, and 2% are from the Baffin (Qikiqtaaluk) Region.
- There have been 28 patients with confirmed cases of H1N1 treated in hospital. Seventeen of those have recovered and are no longer hospitalized.
- 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.
- The Department also reminds people that testing is not done to diagnose or treat the H1N1 flu virus. Increased testing was only done to determine the spread of the virus in Nunavut. Testing is not needed in order to treat the virus as the treatment for H1N1 is the same as for other flu viruses.
- 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](http://www.fightflu.ca)

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**For more information contact:**

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