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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 30th - 1:00 PM:

- Since our last update on June 26th the Department of Health and Social Services has confirmed 20 additional case of the H1N1 virus bringing the total number of lab-confirmed cases since the beginning of the outbreak in Nunavut to 323. Of our total cases, approximately 59% are from the Kivalliq Region, 39% are from the Kitikmeot Region, and 2% are from the Baffin (Qikiqtaaluk) Region.

- There have been 33 patients with confirmed cases of H1N1 treated in hospital. Twenty-three 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

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