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Munarhiliqiyikkut Inuuhiriknirmullu
Department of Health and Social Services
Ministère de la Santé et des Services sociaux

PUBLIC HEALTH ADVISORY

H1N1 Flu Virus

May 30, 2009 (4:00 p.m. EDT) – The Office of the Chief Medical Officer of Health is informing the public that there are four lab confirmed cases of H1N1 flu virus. Three of the four are in the paediatric ward at Stanton Territorial Hospital and are recovering. The cases are not connected and are not from a single community.

The Office of the Chief Medical Health Officer is advising the general public that symptoms of H1N1 include fever, fatigue, lack of appetite, coughing and sore throat. Some people with the H1N1 virus have also reported vomiting and diarrhea.

If you experience these symptoms it is important to stay at home until you feel better – get lots of rest and drink lots of fluids. If symptoms get worse, and only you can judge, CALL your community health centre for further advice.

The Chief Medical Health Officer would like to remind residents of Nunavut that they can help stop the spread of influenza by washing their hands often with soap and warm water or alcohol-based hand cleanser, staying home if you feel sick, and covering your mouth and nose with your sleeve when you cough or sneeze.

For more information on the H1N1 flu virus please visit www.fightflu.ca

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Media Contact:

Pam Coulter
Acting Director of Communications
Department of Health and Social Services

867-975-5712