



**0 – 5 months:** H1N1 and seasonal flu vaccine are not authorized for use in this age group

**6 months to 9 years:** First H1N1 dose and seasonal flu vaccine.

**10 years and up (including 65+ years):** One H1N1 dose and seasonal flu vaccine.

**Community Health Centre:**

**6 months to 9 years:** Second H1N1 dose and, for those not previously vaccinated, a second seasonal flu vaccine. Individuals will be advised at the community flu vaccine clinics when to go to health centre for second doses.

**Pregnant Women\*:** One dose of H1N1 vaccine for pregnant women and the seasonal flu vaccine.

\* The vaccine for pregnant women will be given as soon as it is authorized and delivered to communities. It is recommended that if rates of H1N1 flu are high or increasing and the vaccine for pregnant women is not yet available, women more than 20 weeks pregnant should be offered the regular vaccine.

As a reminder to all Nunavummiut:

- Get your H1N1 and seasonal flu shot to stay healthy this flu season.
- Cover your coughs and sneezes with your sleeve or a tissue – and throw the tissue away.
- Wash your hands often with soap and water. An alcohol-based hand sanitizer is also effective.
- Stay home if you are sick for seven days after you start getting sick, or at least 24 hours after you are not feeling sick anymore and call your health centre immediately if you are pregnant, have a chronic health condition or your symptoms worsen.

“We know we can lessen the impact of the H1N1 flu if Nunavummiut take these precautions,” said Dr. Sobol.

-- 30 --

**Media Contact:**

Pam Coulter  
A/ Director of Communications,  
Department of Health and Social Services  
Tel: 867-975-5712