



# Public Health Advisory

## First Case of Influenza Confirmed in Nunavut

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Iqaluit, NU

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Nunavut has recorded its first case of influenza.

“People, who have the flu or flu-like symptoms, should stay home until they are symptom-free and able to return to normal activities,” says Dr. Geraldine Osborne, Nunavut’s Chief Medical Officer of Health.

Symptoms could include; fever, chills, cough, nausea, sore muscles and feeling tired.

There is still time for people to be immunized. Flu shots are free and are available at Health Centres in Nunavut, and at Public Health in Iqaluit. You won’t get sick from the flu shot.

You can protect yourself against influenza by washing your hands, and washing them often. Cough and sneeze into your sleeve.

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### For More Information Contact:

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