

Statement

Influenza Update

February 8, 2013 Iqaluit, NU

Dr. Maureen Baikie, Chief Medical Officer of Health, released the following statement:

"We now have 39 cases of laboratory-confirmed influenza A across Nunavut. Influenza activity remains at about the same level as last week.

"RSV (respiratory syncytial virus) is still circulating in Kivalliq and Kitikmeot regions. This is a virus that can affect all ages, but infants are most affected. It causes a respiratory illness called bronchiolitis. The symptoms include:

- Nasal stuffiness and a runny nose
- Cough
- Difficult or rapid breathing
- Wheezing
- Fever
- No interest in food or play

"You can take some simple steps to protect yourself, your family and those around you from respiratory viruses – cover your cough; wash your hands often including before and after touching babies; stay home if you are sick; keep healthy babies away from sick babies; don't expose babies or small children to cigarette smoke.

"Remember, it's not too late to get your flu shot."

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