

News Release

For Immediate Release

First Cases of Flu Confirmed in Nunavut

IQALUIT, **Nunavut (January 9, 2013)** – Several cases of influenza have been diagnosed in the Baffin region of Nunavut this flu season.

"People who have influenza or flu-like symptoms should stay home until they are symptom-free, and able to return to normal activities," says Dr. Geraldine Osborne, from the Office of the Chief Medical Officer of Health. "Though the flu is here, there is still time for people to be immunized. And, you won't get sick from the flu shot."

The influenza vaccine is free and available at health centres in Nunavut, and at Public Health in Igaluit. FluMist, a nose spray vaccine, is recommended for children aged 2 to 17.

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

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