

Public Service Announcement

Flu vaccinations available at local health centres

Start Date: November 3, 2014 End Date: December 31, 2014

Nunavut 30 sec

The flu season is here! The easiest way to keep yourself and your family healthy this flu season is to wash your hands often and well. When you sneeze or cough, do it into your sleeve.

The best way to protect yourself and your family is to get the flu vaccine every year before the flu arrives in your community. The flu vaccination is recommended for everyone, six months of age and older. There are two types of flu vaccine. For ages two to 17, FluMist is given as a spray in the nose. Everyone else receives the regular vaccine.

The flu vaccine is free and available at all health centres in Nunavut.

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