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# Public Service Announcement

## Diarrheal illness in Igloolik

**Start Date:** May 14, 2015

**End Date:** May 31, 2015

**Igloolik, NU**

**60 sec**

The Department of Health is advising residents of Igloolik that there is a stomach illness going around in the community. This is not uncommon at this time of year. This illness can be spread easily from person to person, and may move throughout the community quite quickly. Symptoms include nausea, vomiting and diarrhea.

The best way to prevent the spread of this illness is to follow these guidelines:

- Wash your hands often.
- Wash your hands after changing a baby's diaper.
- Wash your hands before preparing, cooking or eating food.
- Wash your hands after touching animals and pets.
- Keep surfaces and utensils, including countertops and doorknobs, clean by using soap and hot water.
- Cook meat thoroughly.
- Wash all fruits and vegetables before cooking or eating.

Anyone with symptoms should stay home, rest and drink plenty of fluids. Anyone with vomiting and diarrhea should not make meals for the family as it increases the risk of spreading the virus to family members.

