

## **Public Service Announcement**

## Stomach illness and diarrhea in several communities

Start Date: May 15, 2015 End Date: May 31, 2015

Nunavut 45 sec

There is a stomach illness currently going around several communities in Nunavut. 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 this illness is to wash your hands often; cough and sneeze into your sleeve; wash your hands after changing a baby's diaper; and keep surfaces such as countertops and doorknobs clean by using hot water and soap.

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 this increases the risk of spreading the virus to family members.

People with symptoms lasting longer than 48 hours should call their health centre for advice.

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