

## **News Release**

For Immediate Release

## Fight this year's influenza. Get vaccinated!

**IQALUIT, Nunavut (November 4, 2015) –** The Department of Health is encouraging all Nunavummiut to protect themselves by getting their flu vaccine this year. The vaccine is free and available at all health centres in Nunavut.

For the fifth year, the FluMist nasal vaccine is offered to anyone aged 2 to 17, and the regular vaccine is available for all other age groups. Babies under six months of age cannot be vaccinated against influenza.

"It's important to get vaccinated to do our part and protect those most at risk – babies who can't be vaccinated, the elderly and anyone with weakened immune systems," says Dr. Maureen Baikie, Nunavut's Chief Medical Officer of Health. "Each year, many Canadians get very ill or die from influenza. Protect yourself, your family and your community by getting vaccinated."

Influenza is highly contagious. The virus spreads through coughing, sneezing or nasal fluids. Everyone is encouraged to wash their hands often, to cover their cough, and to stay home when they are unwell. Nunavut's flu season typically runs from November to May, but the season often peaks in January and February.

Flu symptoms include: fever, chills, cough, runny eyes, stuffy nose, sore throat, headache, muscle ache, extreme weakness and feeling tired. The flu lasts 2 to 10 days in most adults.

The flu vaccine is available at all health centres in Nunavut and at Public Health in Igaluit. For more information, please visit www.flunu.ca.

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