

## **Public Service Announcement**

## First cases of influenza confirmed in Nunavut

Start Date: February 29, 2016 End Date: March 4, 2016

Nunavut 30 sec

Nunavut has recorded its first cases of influenza for this season.

The best way to protect yourself and your family against influenza is to be immunized. The flu vaccine is free and still available at all community health centres in Nunavut, and at Iqaluit Public Health, building 1091.

Following these steps can help stop the spread of influenza:

- Get immunized.
- · Cough or sneeze into your sleeve.
- Wash your hands often.
- Stay home when you feel sick.
- Don't smoke indoors or near babies.

Influenza symptoms include: fever, chills, cough, nausea, sore muscles and feeling tired. People who have the flu or flu-like symptoms should stay home.

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