Public Service Announcement

Protect yourself from the flu. Get vaccinated!

Start Date: October 14, 2016
End Date: November 30, 2016
Nunavut   **60 sec**

Flu season is almost here. Influenza can affect anyone – even healthy children and adults. The best way to prevent getting or spreading the flu is to get vaccinated at your community health centre or at public health.

Flu symptoms include:
- fever and cough
- runny nose
- sore throat
- headache
- body aches
- feeling tired
- not feeling like eating

If you have the flu, drink plenty of water, get lots of rest and eat normally. Fever, aches and pains can be treated with acetaminophen or ibuprofen. To prevent spreading the flu to other people, stay home until your symptoms go away.

For more information on flu prevention and to get your free vaccine, consult your health care provider at your local health centre or at public health.

###

ᐱ�up ᐊᕐ ᑐᖁᑎᕐᒥᒃ ᐅᑐᖅᑕᐅᔪᑦ ᐱᔭᐅᔪᓐᓇᖅᑎᑕᐅᔪᑦ ᐃᓄᒃᑎᑑᖓᑐᒥᒃ, ᖃᓪ ᓄᖓᑎᑐᑦ, ᐃᓄᐃᓐᓇᖅᑐᒥ ᐅᐃᕕᑎᑐᑦᓗ ᐅᕙᓂ, *www.gov.nu.ca*.
News releases are available in Inuktitut, English, Inuinnaqtun and French on *www.gov.nu.ca*.
Tuhaqtaghat ittut Inuktitut, Qablunaatitut, Inuinnaqtun Uiviititullu talvani *www.gov.nu.ca*.
Les communiqués de presse sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français à : *www.gov.nu.ca.*

Communications