

Public Service Announcement Simple steps to stay healthy this holiday season

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Nunavut-wide 45 sec

The Department of Health reminds Nunavummiut to follow these simple steps to stay healthy this holiday season. Stay protected from disease and respiratory illnesses like the flu, common colds and tuberculosis.

These steps will help stop the spread of germs and infections:

- Wash your hands and wash them often.
- Cough in to your sleeve or a tissue.
- Stay home when you feel sick, especially from community events with large crowds.
- Don't smoke indoors or near babies.

For more tips on staying healthy please visit the Department of Health's website.

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