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Building *Nunavut* Together
Nunavut iuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

Simple steps to stay healthy

Start Date: May 24, 2017
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Iqaluit, NU

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The Department of Health reminds Nunavummiut to follow these simple steps to stay healthy and be protected from common respiratory illnesses like the flu and common colds. 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.
- Get immunized, and make sure your immunizations are up to date.
- Stay home when you feel sick.
- Don't smoke indoors or near babies.

For more information on your immunization status, please see your health care provider at the local health centre, or public health.

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