

## **Public Service Announcement**

## Influenza confirmed in Nunavut

Start Date: October 20, 2017 End Date: March 3, 2017

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Flu season is here.

The best way to protect yourself and your family against influenza is to be immunized. The flu vaccine is free and 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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## **Media Contact:**

Ron Wassink Communications Specialist Department of Health 867-975-5710 rwassink@gov.nu.ca

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