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Building *Nunavut* Together  
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Bâtir le *Nunavut* ensemble

# Public Service Announcement

## Flu immunization reminder

**Start Date: December 20, 2018**

**End Date: January 31, 2019**

**Nunavut-wide**

**30 sec**

The best way to protect you and your family against influenza this season 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.

All Nunavummiut over six months are encouraged to receive the influenza vaccine. The Government of Canada has advised that this season's strain has resulted in significantly higher rates of the flu in the pediatric population than in recent years.

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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