

Public Health Advisory

Influenza active across Nunavut

Start Date: February 15, 2018 End Date: March 23, 2018

Nunavut 30 sec

The Department of Health is advising Nunavummiut that the influenza virus (flu) is confirmed and active in all three regions of Nunavut.

Influenza symptoms include fever, chills, cough, nausea, sore muscles and feeling tired. People who have the flu or flu-like symptoms should stay home.

Protect yourself, your family and your community and remember that babies and elders are most at risk! 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 the virus:

- get immunized;
- cough or sneeze into your sleeve;
- wash your hands often;
- stay home when you feel sick; and
- don't smoke indoors or near babies.

For more information please visit <u>www.flunu.ca</u> or download the <u>Flu Facts factsheet</u> available on The Department of Health's website.

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