

Public Service Announcement

Stomach illness and diarrhea

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Nunavut 45 sec

A stomach illness is making its way around Nunavut. Symptoms include nausea, vomiting, tummy pain, temperature and diarrhea.

While not uncommon at this time of year, this illness can be spread easily from person to person, and may move throughout the community quite quickly. Some of the best ways to prevent stomach illness is to wash your hands often; cough and sneeze into your sleeve; wash your hands after changing a baby's diaper; and keep countertops and doorknobs clean by using hot water and soap.

Anyone with symptoms should stay home, rest and drink plenty of fluids. No one who is vomiting and has diarrhea should make meals for the family, to reduce the risk of spreading the virus to family members.

People with symptoms lasting longer than 48 hours should call their health centre for advice.

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