

Public Health Advisory

Respiratory illness is on the rise this flu season

March 6, 2018 Nunavut

There is an increase in respiratory illness throughout Nunavut, likely due to influenza.

If you have the flu, you might:

- have a fever and cough,
- have a runny nose,
- have a sore throat,
- feel body aches,
- feel tired, and/ or
- not feel like eating.

If you have the flu, drink lots of water and juice, and rest. Fever, aches and pains can be treated by taking acetaminophen like Tylenol or ibuprofen like Advil. Go to the health centre if your symptoms become worse.

The flu should be taken seriously. Please take the following steps to prevent spreading the flu to people around you:

- always wash your hands with warm water and soap;
- cover your cough; and
- stay home from work or school if you have a respiratory illness.

For more information ask your health care provider at the community health centre.

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