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Building Nunavut Together
Nunavut iuqatigiingniq
Bâtir le Nunavut ensemble

News Release

For Immediate Release

Nunavut's annual influenza campaign

Iqaluit, Nunavut (October 23, 2018) – The Department of Health is encouraging Nunavummiut to get the influenza vaccine, also known as “flu shot”. The vaccine is free and is now available in all health centres across Nunavut.

“Each year, many Canadians get very ill or die from influenza. Getting a yearly influenza vaccination is the best way to protect yourself, your family and your community,” says Dr. Mike Patterson, Deputy Chief Medical Officer of Health.

Nunavut’s flu season typically runs from November to May, and peaks in January and February. Catching and spreading respiratory illnesses can be prevented by frequently washing your hands with warm water and soap; covering your cough; and staying home from work or school if you have a respiratory illness.

Influenza is highly contagious. The virus spreads through coughing, sneezing or nasal fluids. Flu symptoms include fever, chills, cough, runny eyes, stuffy nose, sore throat, headache, muscle ache, extreme weakness and tiredness. The flu can last two to 10 days in most adults. If you experience any of these signs, please go to your nearest health centre.

The flu vaccine is available at all health centres in Nunavut and at Public Health in Iqaluit. For more information, please go to www.flunu.ca.

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Media Contact:

Gavin Sutton
Communications Specialist
Department of Health
867-975-5949
gsutton@gov.nu.ca

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