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Public Health Advisory

Stomach illness and diarrhea in Baker Lake

October 29, 2018
Baker Lake, Nunavut **45 sec**

There is a stomach illness currently circulating in Baker Lake. Symptoms include nausea, vomiting, stomach pain, temperature and diarrhea.

While not uncommon at this time of year, this illness can spread quickly and easily from person to person throughout the community. 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. A person who is vomiting and has diarrhea should not make meals for the family to reduce the risk of spreading the virus to family members.

Take frequent small sips of water to maintain hydration. Infants are most at risk of becoming dehydrated quickly. Signs of dehydration in infants may include dry diapers for an unusually long period of time as well as sunken eyes. If these signs appear, seek immediate medical attention for your children.

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

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