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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Health Advisory

Respiratory illness in our community

April 1, 2019
Qikiqtaaluk Region, NU

There is an increase in respiratory illness in our communities, which might be due to a virus. Check for the following symptoms if you are not feeling well:

- fever and cough;
- runny nose;
- sore throat;
- body aches;
- feeling tired; or
- loss of appetite.

If you have a respiratory illness like cold or flu, drink lots of water and juice, get lots of rest and eat like normal. Fever, aches and pains can be treated with Tylenol or Advil. Go to your local health centre if your symptoms worsen.

If your baby or young child has difficulty breathing or feeding, bring your child to your local health centre immediately. Children can get sick quickly from respiratory viruses.

To prevent the spread of respiratory illnesses, please take the following steps:

- Always wash your hands with warm water and soap.
- Cover your cough.
- Stay home from work or school if you have a respiratory illness to avoid spreading it to other people.

For more information, talk to your health care provider.

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