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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

Flu immunization reminder

Start Date: December 13, 2019
End Date: January 31, 2020
Nunavut-wide **45 sec**

The best way to protect yourself and your family against influenza this season is to be immunized. The flu vaccine is free and available at all community health centres in Nunavut, and at Iqaluit Public Health, building 1091.

All Nunavummiut over six months of age are encouraged to get the influenza vaccine.

Here are some ways to help stop the spread of influenza:

- Get immunized.
- Cough or sneeze into your sleeve.
- Wash your hands often.
- Stay home when you feel sick.
- Don’t smoke indoors or near babies.

Influenza symptoms include fever, chills, cough, nausea, sore muscles and feeling tired. People who have the flu or flu-like symptoms should stay home.

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