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Public Health Advisory

Stomach illness and diarrhea

January 23, 2019
Kimmirut and Sanikiluaq, Nunavut

The Department of Health advises residents of Kimmirut and Sanikiluaq that there is a stomach illness circulating in their communities. This is not uncommon at this time of year. This illness is spread easily from person to person and may move throughout the communities quickly. Symptoms include nausea, vomiting, stomach pain, fever and diarrhea.

Anyone with these symptoms should stay home, rest and drink plenty of fluids. If you are vomiting or have diarrhea, do not make meals for anyone else to decrease the risk of spreading the virus.

The best ways to prevent the spread of stomach illness is to:

- Wash your hands often.
- Cough and sneeze into your sleeve.
- Wash your hands after changing a baby's diaper.
- Keep surfaces such as countertops and doorknobs clean by wiping with hot water and soap.

People with symptoms lasting longer than 48 hours should visit their health centre.

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