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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

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Nunavut

Public Health Advisory

Respiratory illness is increasing due to flu season

March 4, 2019
Nunavut-wide

The Department of Health warns Nunavummiut that there is an increase in respiratory illness throughout Nunavut, which is likely due to influenza.

If you have the flu, you might have some of the following symptoms:

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

If you experience any of the above, drink lots of water or juice, and rest. Fever, aches and pains can be treated by taking Tylenol or Advil. Go to your local health centre if your symptoms become worse.

The flu should be taken seriously. Here are steps to prevent spreading the flu:

- Always wash your hands with warm water and soap.
- Cover your mouth when you cough.
- Stay home if you have a respiratory illness.

For more information, ask your health care provider at the community health centre.

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