

## Public Service Announcement Flu season and vaccination in Nunavut

Start Date: October 7, 2019 End Date: December 31, 2019 Nunavut-wide

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Flu season is here and the best way to protect yourself and your family is to get vaccinated.

The flu vaccine is free and available at all community health centers in Nunavut, and at Iqaluit Public Health, building 1091. Vaccines should arrive in all communities by mid-October. Look for vaccination dates announcements from your health center.

Following these steps can help stop the spread of influenza:

- Get vaccinated.
- 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 experience flu-like symptoms should stay home.

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## Media Contact:

Alison Griffin Manager of Communications Department of Health 867-975-5949 agriffin@gov.nu.ca