

Public Service Announcement

Flu season and vaccination in Nunavut

Start Date: October 13, 2020

End Date: December 31, 2020

Nunavut-wide

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

All Nunavummiut over six months of age are encouraged to get the flu vaccine. It is free and available at all community health centres in Nunavut, and at Iqaluit Public Health, building 1091.

Since COVID-19 has very similar symptoms as a cold or the flu, it is important that those who are able get their flu shots do so. While the flu shot does not protect against other viruses or bacteria, it can help reduce pressure on our health system, especially if COVID-19 is confirmed in a community.

Vaccines should arrive in all communities by mid-October. The vaccine can be given at any time in the season. Please be aware that the sooner you do receive it, the better you will be able to reduce your risk.

Due to COVID-19 precautions, you may have to book an appointment for your flu shot ahead of time. Please contact your health centre for more information.

Following these steps can help stop the spread of influenza, COVID-19, and other respiratory illnesses:

- Stay home when you feel sick.
- Cough or sneeze into your sleeve.
- Wash your hands often.
- Avoid touching your face.
- Throw used tissues in the trash right away.
- Keeping distance from others when out and about.
- Don't smoke indoors or around others, especially babies.

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