

# Public Service Announcement

## Flu season and vaccination in Nunavut

**Start Date: October 28, 2021**

**End Date: December 31, 2021**

## Nunavut-wide

**90 sec**

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

All Nunavummiut over six months of age are encouraged to get the flu vaccine. All Nunavummiut over the age of 12 are eligible and also encouraged to receive a COVID-19 vaccination as well. It is safe to receive a flu vaccine and COVID-19 vaccine at the same time. Both vaccines are 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 people who are able get their flu and COVID-19 vaccines do so. This can help reduce pressure on our health system, especially if COVID-19 is confirmed in a community.

Flu and COVID-19 vaccines are available in all communities. The flu vaccine can be given at any time during the flu season. The sooner you receive it, the better you will be able to reduce your risk. Unlike some vaccines that give lifetime immunity, the flu vaccine must be taken annually.

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.
- Get vaccinated.

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**Media Contact:**

Danarae Sommerville  
Communications Specialist  
Department of Health  
867-975-5712  
[dsommerville1@gov.nu.ca](mailto:dsommerville1@gov.nu.ca)

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