

Public Service Announcement

Protect yourself against respiratory illness

Start Date: November 7, 2022

End Date: November 30, 2022

Nunavut wide

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The Department of Health is advising Nunavummiut of an increased risk of respiratory illnesses during the winter months as people spend more time indoors. This includes infections such as RSV, COVID-19, influenza and tuberculosis (TB).

Vaccination programs in Nunavut can help reduce the risk of respiratory illnesses.

Beginning November 15, 2022, Nunavut's annual Palivizumab vaccine program for RSV will begin for children who are at higher risk of severe illness caused by RSV.

All Nunavummiut six months and older are eligible for both influenza and COVID-19 vaccinations. Appointments for flu and COVID-19 shots can be made at community health centres or public health units. Staying up to date on vaccinations help reduce the risk of severe illness, hospitalization and death from disease.

Nunavummiut who have had a cough that has lasted three weeks are advised to make an appointment with their health centre to get tested for TB. Treatment is necessary to cure TB and to avoid becoming seriously ill or dying from the illness.

Nunavummiut can reduce the risk of spreading disease or getting sick by:

- Maintaining physical distance.
- Washing your hands often.
- Avoiding touching your face.
- Coughing or sneezing into your sleeve.
- Throwing used tissues in the trash right away.
- Staying home when you feel sick.

For more information about respiratory illness, please visit www.gov.nu.ca/health.

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