ᑲᑐᑎᓗᒍ ᓄᓇᕗᑦ ᐱᕈᖅᐸᓕᐊᑎᓪᓗᒍ
Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Health Advisory

Stomach Illness in Pangnirtung

August 4, 2023
Pangnirtung, Nunavut

The Department of Health is advising residents of Pangnirtung of stomach illness circulating in the community. This can be common at this time of year. The illness can be spread from person to person and may move throughout the community quickly.

Symptoms include nausea, vomiting, stomach pain, fever and diarrhea. Some of the best ways to prevent this illness are to:

- Wash your hands often, especially before preparing meals, after changing a baby's diaper, and after using the washroom.
- Rest and drink plenty of fluids (do not drink pop, energy drinks, or other sugary fluids).
- Clean surfaces such as countertops, doorknobs, and bathrooms often with hot soapy water.
- Try to avoid unnecessary contact with people who are sick.

Help young children wash their hands, and make sure you clean their toys when you are cleaning other surfaces. Anyone with symptoms should stay home, rest, and drink plenty of fluids.

Anyone with vomiting and diarrhea should not make meals for the family to decrease the risk of spreading the virus to family members. Dirty laundry should be washed in hot water and dried at a high temperature setting when possible. Remember, kissing and touching babies can spread germs. Keep them healthy by staying away when you are sick.

People with symptoms can be cared for at home unless the symptoms become severe and involve weakness and dehydration. People with severe symptoms should seek medical advice from their health provider.

###

Media Contact:

Pierre Essoh
Communications Specialist
Department of Health
867-975-5712
pessoh@gov.nu.ca

ᐊᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᓂᕐᒧᑦ ᑐᓴᖅᑎᕐᓯᔾᔨᑏᑦ ᐊᑐᐃᓐᓇᐃᑦ ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑎᑐᑦ ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᐃᓈᑎᑐᓪᓗ ᐅᐸᕐᓂ *www.gov.nu.ca.*
Public Health Advisories are available in Inuktitut, English, Inuinnaqtun and French on *www.gov.nu.ca.*
Inungnun Aanniaqtailinikkut Unniudjutit hailihimajun Inuktitut, Qablunaatun, Inuinnaqtun Uiuitullu uvani *www.gov.nu.ca.*
Les avis de santé publique sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au *www.gov.nu.ca.*

Communications