

# Public Health Advisory

# Respiratory illness and the flu

**Start Date: December 8, 2023**

**End Date:** January 1, 2024

## Nunavut-wide

**60 sec**

The Department of Health is advising Nunavummiut of an increased risk of respiratory illnesses, including infections such as Influenza A across Nunavut.

The best way to protect yourself, your family and your community is to get the flu vaccine. Vaccines help reduce the risk of getting a virus, severe illness or death. The flu vaccine can be given at any time during the flu season. Unlike other vaccines that give lifetime immunity, the flu vaccine must be taken annually.

All Nunavummiut over six months of age are encouraged to get the flu and COVID-19 vaccine. It is important and safe to get both vaccinations because COVID-19 and the flu have similar symptoms and can increase the severity of each other.

The flu vaccine is also available at all community health centres and public health units in Nunavut. Call your local healthcare provider to book an appointment.

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.

For the protection of yourself and the community, all health facilities continue to require clients to wear masks. If you do not have a face mask, one will be provided to you on arrival.

###

**Media Contact:**

Danarae Sommerville  
A/ Manager of Communications  
Department of Health  
867-975-5949  
[dsommerville1@gov.nu.ca](mailto:dsommerville1@gov.nu.ca)

Public Health Advisories are available in Inuktitut, English, Inuinnaqtun and French on [www.gov.nu.ca](http://www.gov.nu.ca).  
Inungnun Aanniaqtailinnikkut Unniudjutit hailihimajun Inuktitut, Qablunaatun, Inuinnaqtun Uuiutullu uvani [www.gov.nu.ca](http://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](http://www.gov.nu.ca).