ᑲᑐᑎᓗᒍ ᓄᓇᕗᑦ ᐱᕈᖅᐸᓕᐊᑎᓪᓗᒍ
Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

# Public Service Announcement

## Flu shot reminder for Nunavummiut.

**Start Date: December 4, 2023**
**End Dates: December 31, 2023**
**Nunavut-wide** **90 sec**

The Department of Health reminds Nunavummiut that with the increased risk of contracting influenza, COVID-19, and other respiratory illnesses during the winter months, it is important to get your flu shot.

Because COVID-19 has symptoms very similar to the common cold or the flu, we encourage those who are eligible to get an updated COVID-19 vaccine in addition to a flu shot this winter.

Flu and COVID-19 vaccines continue to be available for all Nunavummiut aged six months and older. It is safe and recommended to receive both the flu and COVID-19 vaccine during the same appointment. For those aged 65 years or older, a separate flu vaccine with additional protection for this age group is available.

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 and use hand sanitizer where available
- Avoid touching your face.
- Throw used tissues in the trash right away.
- Keep your distance from others when out and about.
- Don’t smoke indoors or around others, especially babies.
- Wearing a mask in crowded spaces will offer some protection from respiratory infections.

For the protection of yourself and the community, all health facilities continue to require clients to wear masks.

Contact your local health centre or public health unit to book an appointment. Iqaluit Public Health still offers walk-in flu and COVID-19 vaccinations every Friday from 9 a.m. to 4:30 p.m.

###

**Media Contact:**

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

ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᑐᓴᕋᑦᓴᐃᑦ ᐊᑐᐃᓐᓇᐃᑦ ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑎᑐᑦ ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᐃᓈᑎᑐᓪᓗ ᐅᐸᓂ *www.gov.nu.ca.*
Public Service Announcements are available in Inuktitut, English, Inuinnaqtun and French on *www.gov.nu.ca.*
Kavamatkunnin Tuhaqtitaujukhat hailihimajun Inuktitut, Qablunaatun, Inuinnaqtun Uiuitullu uvani *www.gov.nu.ca.*
Les messages d'intérêt public sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au *www.gov.nu.ca.*