Public Service Announcement

Book your flu shot today!

Start Date: February 27, 2023
End Date: March 15, 2023
Nunavut-wide   **60 sec**

The best way to protect yourself and your family against influenza this season is to be immunized. The flu vaccine is free and available at all community health centres in Nunavut and at Iqaluit Public Health.

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.
- Keep a distance from others when out and about.
- Don't smoke indoors or around others, especially babies.

COVID-19 vaccines continue to be available to all Nunavummiut six months and older. Stay up to date on your vaccines and contact your community health centre or public health unit to see if you are ready for your next shot.

For the protection of patients and staff, health facilities continue to require clients to wear masks.

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