

Public Service Announcement

Increase in respiratory infections for fall season, including COVID-19

Start Date: September 25, 2023

End Date: September 29, 2023

Nunavut-wide

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The Department of Health is advising Nunavummiut of an increase in COVID-19 and other respiratory infections circulating across the country, including in Nunavut. This is expected in part as people spend more time indoors during the fall and winter months.

There is still a lot people can do to protect themselves and those around them, particularly those most at-risk of complications from COVID-19 and respiratory infections.

In general, these include:

- **Stay Vaccinated:** Keep your vaccinations up to date.
- **Hand Hygiene:** Regular handwashing and/or use of hand sanitizer.
- **Cough or Sneeze Etiquette:** Covering your mouth and nose with a tissue when you cough or sneeze and dispose of the tissue. Cough into your elbow if you don't have a tissue.
- **If Sick, Stay Home:** Staying home if you feel sick. Ideally, stay home until there is no fever anymore (if you had one) and symptoms are improving for at least 24 hours.
 - Avoid non-essential visits to at-risk individuals (e.g., Elders) and high-risk settings (e.g., hospitals, long-term care facilities) for 10 days from when your symptoms started where possible.
 - Consider following this advice whether you have tested for COVID-19 or not.
- **Mask-Wearing:** Masks may be helpful in some settings and circumstances, depending on the specifics and individual decisions. We want to avoid judging individuals for decisions to wear or not wear masks. They are not mandated at this time.

