

Public Health Advisory

Respiratory illness prevention reminder

December 6, 2024

Nunavut-wide

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The Department of Health reminds Nunavummiut that with the increased risk of contracting influenza, COVID-19 and other viral respiratory illnesses during the winter months, it's important to ensure you are up to date with seasonal immunizations.

Nunavummiut are encouraged to get both the COVID-19 and flu vaccine, which are safe and highly effective in preventing acute illness, and protecting the health of individuals, families, and communities.

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

Nunavummiut 75 years of age and older, as well as babies born in Nunavut or upon their return, are also being offered a vaccine that prevents Respiratory Syncytial Virus, a respiratory illness that can be severe in babies and the elderly.

Following these steps can help prevent 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 distance from others when out and about.
- Don't smoke indoors or around others, especially babies.
- Get vaccinated.

Check with your local community health centre or public health unit for vaccine clinics in your community. For more information about vaccines or clinics, visit the [Government of Nunavut website](#) or talk to your health care provider.

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