

Public Health Advisory

Viral Respiratory illnesses

February 22, 2024

Nunavut-wide

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The Department of Health is advising Nunavummiut that there is an increased risk of viral respiratory illnesses, including influenza B, circulating in Nunavut.

Nunavummiut are encouraged to get the influenza vaccine, which is safe and highly effective in preventing acute influenza illness, to protect themselves, their families, and their communities. Immunization against COVID-19 can also be received at the same time and is recommended to protect against COVID-19, which continues to circulate in the territory.

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.

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

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

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

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