

Public Health Advisory

Increased cases of gastroenteritis in Arviat

July 8, 2024
Arviat, Nunavut

The Department of Health is advising residents of Arviat that there is an increase in cases of gastroenteritis in the community. This is not unusual for this time of year. The illness can be spread easily from person to person and may move throughout the community quickly.

Symptoms include nausea, vomiting, stomach pain, fever, and diarrhea. Some of the best ways to prevent this illness are to:

- Wash your hands often, especially before preparing meals or after changing a baby's diaper, and after using the washroom.
- Rest and drink plenty of fluids (avoid pop, energy drinks, or other sugary fluids).
- Clean surfaces such as countertops, doorknobs, and bathrooms often with hot soapy water.
- Try to avoid unnecessary contact with people who are sick.

Help young children wash their hands, and make sure you clean their toys when you are cleaning other surfaces. Anyone with symptoms should stay home, rest, and drink plenty of fluids.

Anyone with vomiting or diarrhea should not make meals for the family to decrease the risk of spreading the virus to family members. Dirty laundry should be washed in hot water and dried at a high temperature setting. Remember, kissing and touching babies can spread germs. Keep them healthy by staying away when you are sick.

People with symptoms can be cared for at home unless the symptoms become severe and involve weakness and dehydration. People with severe symptoms should seek medical advice from their health provider.

For more information, contact your health provider at your local health centre.

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