

Public Service Announcement

Injury Prevention Day

Start Date: July 5, 2024 End Date: July 5, 2024 Nunavut-wide

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Today is National Injury Prevention Day, held annually on July 5, a reminder of the importance of knowing what we can do to avoid preventable injuries. We all want to live long, healthy lives, and the same for our loved ones.

The Department of Health strongly encourages everyone to speak up when you see something that might not be safe and have conversations about injury prevention.

Injury prevention is important because of the potential cost and impact to the health care system from hunting, boating, riding without helmet, falls, poisonings, drownings and violence in Canada.

Nunavummiut are encouraged to come together to raise awareness that we have effective solutions to keep people from getting seriously injured or killed, and to stop them from needing hospital or trauma services.

For more information, visit the Department of Health's <u>Live Healthy website</u> or contact your community health representative.

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