

Public Service Announcement

Winter respiratory illness prevention – *Layer up! Get vaccinated!*

Start Date: November 1, 2024
End Date: November 30, 2024
Nunavut-wide

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The Department of Health is reminding Nunavummiut that viral respiratory infections are expected to increase as winter approaches. This includes influenza, COVID-19 and Respiratory Syncytial Virus (RSV).

Remember, winter is all about layers. *Layer up! Get vaccinated!* The flu and COVID-19 vaccines are essential layers of protection to keep you and your family healthy during the winter months. Staying up to date with your immunizations is the best way to shield your community, your family, and yourself. Vaccines play a critical role in reducing the risk of severe illness or death from illnesses like the flu and COVID-19.

It is highly recommended that the flu vaccine be taken annually, and the COVID-19 booster is currently recommended every six months. These vaccines can be given at the same time.

All Nunavummiut over six months of age are encouraged to get the flu and COVID-19 vaccine along with other routine immunizations that protect against respiratory illnesses. The vaccines are highly recommended for those with weakened immune systems, such as young children, the elderly, and individuals with respiratory issues.

The RSV vaccine program is a key part of Nunavut's strategy to protect the health of vulnerable groups. RSV poses serious risks to young children, and the vaccine provides crucial protection during their most vulnerable months.

Protect yourself and others by following these steps to help stop the spread of influenza, COVID-19, and other respiratory illnesses:

