

# Public Health Advisory

## Reminder – increased risk of respiratory illness and the flu

**Start Date:** April 16, 2025

**End Date:** May 15, 2025

### Nunavut-wide

**90 sec**

The Department of Health is reminding Nunavummiut of an increased risk of respiratory illnesses, including infections such as Influenza A and RSV, across Nunavut.

The best way to protect yourself, your family and your community is to receive seasonal vaccines. Seasonal vaccines help reduce the risk of becoming infected with flu, COVID or RSV and from passing these viruses onto others. Seasonal vaccines can be given at any time during the flu season.

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.

These vaccines are available at all community health centres and public health units in Nunavut. Iqaluit Public Health continues to offer walk-in flu and COVID-19 vaccinations every Friday from 9 a.m. to 4:30 p.m.

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