

- Signs of dehydration, such as not having a wet diaper in 12 hours.

If a person shows any of these signs, please go to your community health centre or hospital immediately.

The best way to protect yourself, your family and your community, is to get the flu vaccine. Vaccines help reduce the risk of getting a virus, severe illness or death. The flu vaccine can be given at any time during the flu season. Unlike other vaccines that give lifetime immunity, the flu vaccine must be taken annually.

These vaccines are available at all community health centres and public health units in Nunavut.

For more information, visit the [Government of Nunavut website](#).

###

Media Contact:

Charmaine Deogracias
Manager of Communications
Department of Health
867-975-5712
cdeogracias@gov.nu.ca

P^o d^o d^o d^o a^o s^o m^o c^o d^o h^o s^o s^o d^o c^o < d^o d^o a^o d^o a^o d^o a^o m^o n^o d^o c^o, f^o b^o c^o a^o d^o n^o d^o c^o d^o m^o d^o a^o s^o d^o a^o d^o d^o a^o n^o d^o c^o a^o d^o e^o s^o www.gov.nu.ca.
Public Service Announcements are available in Inuktitut, English, Inuinnaqtun and French on www.gov.nu.ca.
Kavamatkunnin Tuhagtitaujukhat hailihimajun Inuktitut, Qablunaatun, Inuinnaqtun Uuiitullu uvani www.gov.nu.ca.
Les messages d'intérêt public sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au www.gov.nu.ca.