Public Service Announcement

Respiratory illnesses and the flu

December 22, 2025
Nunavut – wide **60 secs**

The Department of Health is advising Nunavummiut of an increased risk of respiratory illnesses, including infections such as influenza A, across Nunavut.

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.

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.

The flu vaccine is also available at all community health centres and public health units in Nunavut. Call your local health-care provider to book an appointment. 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.

Keep your family safe this winter, get vaccinated! Call your health centre today to book your flu and COVID-19 shots. It’s quick, easy and the best way to protect yourself and those you love.

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

ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᑐᓴᕋᑦᓴᐃᑦ ᐊᑐᐃᓐᓇᐃᑦ ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑎᑐᑦ ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᐃᕕᑎᑐᓪᓗ ᐅᕙᓂ *www.gov.nu.ca.*
Public Service Announcements are available in Inuktitut, English, Inuinnaqtun and French on *www.gov.nu.ca.*
Kavamatkunnin Tuhaqtitaujukhat hailihimajun Inuktitut, Qablunaatun, Inuinnaqtun Uiuitullu 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.*