Public Health Advisory

Iqaluit experiences an increase in norovirus cases

October 28, 2025
Iqaluit, Nunavut

The Department of Health is advising Iqaluit residents that there is an increase in norovirus cases. Norovirus is highly contagious and can infect anyone, with the most severe cases involving Elders and children.

The infection is spread mainly through contact with the vomit or stool of a person sick with norovirus. The virus can spread easily from person to person and can also spread through food, water or ice that has been touched by a sick person.

Norovirus can spread quickly in places like daycare centres, schools and airplanes. The highest number of norovirus illnesses usually happen from November to April in Canada.

If you or your child is mildly ill, stay home and avoid contact with others until your symptoms are gone. This will help prevent the spread of illness.

The usual symptoms are:

- Nausea.
- Vomiting.
- Diarrhea.
- Stomach pains.
- Sometimes there is a little fever, chills, muscle aches or feeling tired. The illness usually begins quickly and lasts 1 to 3 days.

You can prevent norovirus by:

- Washing your hands often, especially before preparing meals or after changing a baby’s diaper, and after using the washroom.
- Resting and drinking plenty of fluids (avoid pop, energy drinks or other sugary fluids).

- Cleaning surfaces such as countertops, doorknobs or bathrooms often with hot soapy water.
- Avoiding unnecessary contact with people who are sick.

People with symptoms can be cared for at home unless the symptoms become severe and involve weakness and dehydration. People with severe symptoms should seek medical advice from their health provider.

Learn more by reading the norovirus factsheet available on the Department of Health webpage.

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