Building Nunavut Together
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Public Service Announcement

Layer up with vaccinations to prevent respiratory illnesses

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Nunavut-wide **140 sec**

Winter brings an increased risk of respiratory illnesses, influenza, COVID-19 and other viruses. It is important to ensure that you and your family are up to date with seasonal and routine immunizations. Winter is all about layering for protection. ***Layer up! Get vaccinated!***

All Nunavummiut are encouraged to get both the COVID-19 and flu vaccines, which are safe and highly effective in preventing acute illness, and protecting the health of individuals, families and communities.

These vaccines are now available in all Nunavut communities and are available for all Nunavummiut aged six months and older. It is recommended to receive both the flu and COVID-19 vaccines at the same appointment. People 65 and older will receive a flu vaccine tailored to provide the best protection for their age group.

For a limited time, this year, health centres will be offering FluMist, a nasal spray flu vaccine for individuals aged 2 to 59 who prefer a needle-free option.

Nunavummiut 65 years of age and older, as well as babies born in Nunavut or upon their return to the territory, are also being offered a vaccine that prevents Respiratory Syncytial Virus, a respiratory illness that can be severe in babies and the elderly.

Following these steps can help prevent 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.

- Keep distance from others when out and about.
- Don’t smoke indoors or around others, especially babies.
- Get vaccinated.

Check with your local community health centre or public health unit for vaccine clinics in your community. For more information about vaccines, visit the Government of Nunavut website or talk to your health care provider.

Protection comes in layers. This winter, layer up and get vaccinated!

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