Public Health Advisory

Increased cases of gastroenteritis in Gjoa Haven

February 12, 2026
Gjoa Haven, Nunavut **90 sec**

The Department of Health is advising residents of gastroenteritis circulating in Gjoa Haven.

Some of the best ways to prevent gastroenteritis are to:

- Wash your hands often, especially before preparing meals, after changing a baby's diaper or after using the washroom.
- Rest and drink plenty of fluids (avoid pop, energy drinks or other sugary fluids).
- Clean surfaces such as countertops, doorknobs and bathrooms often with hot soapy water.
- Try to avoid unnecessary contact with people who are sick.

Help young children wash their hands, and make sure you clean their toys when you are cleaning other surfaces. Anyone with symptoms should stay home, rest, and drink plenty of fluids.

Anyone with vomiting or diarrhea should not make meals for the family to decrease the risk of spreading the virus to family members. Dirty laundry should be washed in hot water and dried at a high temperature setting. Remember, kissing and touching babies can spread germs. Keep them healthy by staying away when you 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.

The boil water advisory is still ongoing. The Department of Health recommends using treated water directly from the water trucks. When boiling snow and other water sources (such as rivers), please ensure the water source is clean before use.

For more information, contact your health provider at your local health centre.

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Media Contact:

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

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