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Building Nunavut Together
Nunavuliuqatigiingniq
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Public Health Advisory

Nunavut continues to experience an increase in respiratory illnesses

January 6, 2026
Nunavut-wide **60 sec**

The Department of Health reminds Nunavummiut that with the rise in cases and increased risk of contracting influenza, COVID-19 and other viral respiratory illnesses, it's important to check your immunization status and get vaccinated if it's not up to date.

The best way to protect yourself, your family and your community is to get the flu and COVID 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. 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, away from school, work or other public places 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.

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