

Public Service Announcement

Nunavut sees increased cases of gastroenteritis

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Nunavut-wide

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The Department of Health is advising Nunavummiut of an increase in gastroenteritis in Nunavut. Gastroenteritis is the term used to describe an upset stomach or “stomach flu” that causes nausea, vomiting and diarrhea. It is usually caused by a virus.

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. Washing your hands is the most important action you can take to protect yourself against gastroenteritis.
- 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 stay at home and away from gatherings and avoid making meals for the family to decrease the risk of spreading the virus. 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.

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

For tips on preventing illnesses like gastroenteritis, visit [Infection Prevention and Control](#) on the Government of Nunavut website.

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Media Contact:

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

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