

Public Service Announcement

Viral illness reminder

Start Date: September 11, 2026

End Date: September 30, 2026

Nunavut-wide

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The Department of Health reminds Nunavummiut that fall and the return to school often bring an increase in viral illnesses, including flu, COVID-19, hand foot and mouth disease, colds and stomach bugs, including norovirus.

These steps can help stop the spread of these common illnesses:

- **Stay home, away from school, work or other public places when you feel sick, and if possible, avoid contact with babies and elders.**
- 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.
- Make sure your family's vaccinations are up to date.

For more information, visit the [Government of Nunavut website](#), or talk to your health care provider.

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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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