

Public Service Announcement

Getting the flu vaccine is best way to protect yourself

Start Date: November 27, 2013 End Date: December 31, 2013 Iqaluit, NU

40 sec

Influenza has arrived in southern Canada, and with people travelling to and from Nunavut over the holiday season, travelers may bring influenza to Nunavut with them.

The best way to protect yourself and your family against influenza is to be immunized.

The flu vaccine is free, and is available at your community health centre, or at Iqaluit Public Health.

Following these steps can help stop the spread of the flu:

- Get immunized;
- Cough or sneeze into your sleeve;
- Wash your hands often;
- Stay home when you feel sick, and don't visit family or friends;
- Don't smoke indoors or near babies.

###

Media Contact:

Ron Wassink Communications Specialist Department of Health 867-975-5710 rwassink@gov.nu.ca