

Public Service Announcement

Influenza in your community Start Date: January 10, 2014 End Date: January 17, 2014

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The flu season has started in Nunavut. The flu can affect anyone -- even healthy children and adults. This year H1N1 is the most common type of flu in Canada.

The easiest way to stay healthy is to wash your hands well, and to wash your hands often.

When you sneeze or cough, do it in your sleeve.

If you have the flu, you might feel some of the following symptoms:

- fever and cough
- runny nose
- sore throat
- body aches
- feeling tired
- loss of appetite

If you have the flu, be sure to drink lots of water and juice, get lots of rest and try to eat regularly.

To prevent spreading the flu to others you should stay home until the symptoms go away and you are able to restart normal activities.

Getting the flu vaccination is the best way to protect you and your family from the flu. The Government of Nunavut, Department of Health offers the flu vaccine that protects against H1N1.

It's never too late to get your flu shot. It is FREE at your local Community Health Centre.

Together, we will keep Nunavut communities healthy.

For more information on flu prevention contact your local Community Health Centre.



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