

Public Service Announcement

Getting the flu vaccine is best way to protect yourself

Start Date: January 6, 2015 End Date: January 23, 2015

Iqaluit, NU 30 sec

Influenza has arrived in southern Canada and in several communities in Nunavut.

The best way to protect yourself and your family against influenza is to be immunized. The flu vaccine is available at all community health centres in Nunavut, and at Public Health, at building 1091, in Iqaluit. The flu vaccine is free.

Following these steps can help stop the spread of influenza:

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

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