

Public Health Advisory

Respiratory illness – Baffin region

May 6, 2016 Nunavut

There is an increase in respiratory illness in the Baffin region. This is likely due to influenza.

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

- fever and cough
- runny nose
- sore throat
- body aches
- feeling tired
- no appetite

If you have the flu, drink lots of water and juice, get lots of rest and eat normally. Fever, aches and pains can be treated by taking acetaminophen or ibuprofen. Go to your local health centre if your symptoms worsen.

People of all ages can be sick from influenza; it should be taken seriously. Please take the following steps to prevent spreading the flu to people around you:

- Always wash your hands with warm water and soap.
- Cover your mouth and nose when you cough.

If you have a respiratory illness, stay at home away from others to avoid spreading it.

For more information, contact your health care provider.

Media Contact:

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