

Public Health Advisory Stomach illness and diarrhea

July 15, 2019 Baker Lake, Nunavut

The Department of Health advises residents of Baker Lake that there is a stomach illness circulating the community. This is not uncommon at this time of year. This illness spreads easily from person to person and may move throughout the community quickly. Symptoms include nausea, vomiting, stomach pain, fever and diarrhea.

Anyone with these symptoms should rest and drink plenty of fluids. If you are vomiting or have diarrhea, do not make meals for anyone else to decrease the risk of spreading the virus.

The best ways to prevent the spread of stomach illness are:

- Wash your hands often.
- Cough and sneeze into your sleeve.
- Wash your hands after changing a baby's diaper.
- Keep surfaces such as countertops and doorknobs clean by wiping with hot water and soap.

People with symptoms lasting longer than 48 hours should visit their health centre.

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