

Public Health Advisory

Respiratory illness is increasing due to flu season

January 13, 2017 Nunavut

There is an increase in respiratory illness throughout Nunavut. 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, and rest. Fever, aches and pains can be treated by taking acetaminophen or ibuprofen. Go to the health centre if your symptoms become worse.

The flu 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 cough.
- Stay home from work or school if you have a respiratory illness to avoid spreading it to other people.

For more information, contact your health care provider at the community health centre.

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