

## **Public Health Advisory**

## Respiratory illness is on the rise this flu season

March 22, 2018 Nunavut-wide

The Department of Health is reminding Nunavummiut to take extra precaution to help prevent the spread of respiratory illness. There is an increase in respiratory illness throughout Nunavut, likely due to influenza.

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; and
- stay home from work or school if you have a respiratory illness.

If you have the flu, you might have a fever and cough, runny nose, sore throat, or feel tired of have body aches and/or not feel like eating.

Drink lots of water and juice, and rest. Fever, aches and pains can be treated by taking acetaminophen like Tylenol or ibuprofen like Advil. Go to the health centre if your symptoms become worse.

For more information ask your health care provider at the community health centre, or go to <a href="https://www.flunu.ca">www.flunu.ca</a>.

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