

Public Service Announcement

Simple steps to stay healthy

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Nunavut-wide 45 sec

The Department of Health reminds Nunavummiut to follow these simple steps to stay healthy and protected from respiratory illnesses like the flu and common colds. These steps will help stop the spread of germs and infections:

- Wash your hands with warm water and soap before eating and after using the washroom.
- Cough into your sleeve or use a tissue.
- Get immunized, and make sure your immunizations are up to date.
- Stay home when you feel sick.
- Don't smoke indoors or near babies.

For more information on your immunization status, please see your health care provider at the local health centre, or public health.

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