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Public Health Advisory

Stomach illness and diarrhea in Cambridge Bay

February 14, 2020
Cambridge Bay, Nunavut **90 sec**

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

Some of the best ways to prevent this illness are to:

- wash your hands often, especially before preparing meals or after changing a baby's diaper.
- rest and drink plenty of fluids (do not drink pop, energy drinks, or other sugary fluids).
- clean surfaces such as countertops, doorknobs and bathrooms often with hot soapy water.
- try to avoid unnecessary contract with people who are sick.

Help young children wash their hands, and make sure you clean their toys when you are cleaning other surfaces.

Anyone with symptoms should stay home, rest, and drinks plenty of fluids. Anyone with vomiting and diarrhea should not make meals for the family to decrease the risk of spreading the virus to family members. Dirty laundry should be washed in hot water and dried at a high temperature setting. Remember, kissing and touching babies can spread germs. Keep them healthy by staying away when you are sick.

People with symptoms can be cared for at home unless the symptoms become severe and involve weakness and dehydration. People with severe symptoms should seek medical advice from their health provider.

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