Public Service Announcement

Flu Immunization Reminder

Start Date: **December 16, 2020**
End Date: **January 16, 2021**
Nunavut-wide   **60 sec**

The best way to protect yourself and your family against influenza this season, is to be immunized. The flu vaccine is free and available at all community health centres in Nunavut, and at Iqaluit Public Health, building 1091.

Since COVID-19 has very similar symptoms as a cold or the flu, it is important that those who are able get their flu shots do so. While the flu shot does not protect against other viruses or bacteria, it can help reduce pressure on our health system.

Following these steps can help stop the spread of influenza, COVID-19, and other respiratory illnesses:

- Stay home when you feel sick.
- Cough or sneeze into your sleeve.
- Wash your hands often.
- Avoid touching your face.
- Throw used tissues in the trash right away.
- Keeping distance from others when out and about.
- Don't smoke indoors or around others, especially babies.

Due to COVID-19 precautions, you must call ahead and book an appointment to receive your flu shot. Please contact your local health centre or Iqaluit Public Health for more information.

Social distancing, hand hygiene and enhanced cleaning practices will be in place to help keep everyone healthy. For the protection of yourself and the community, we encourage you to wear your own mask to your appointment.

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