

Public Health Advisory

Respiratory illness and the flu

Start Date: April 14, 2023 End Date: April 28, 2023

Nunavut-wide 60 sec

The Department of Health is advising Nunavummiut of an increased risk of respiratory illnesses, including infections such as Influenza B across Nunavut.

The best way to protect yourself, your family and your community is to get the flu vaccine. Vaccines help reduce the risk of getting a virus, severe illness or death. The flu vaccine can be given at any time during the flu season. Unlike other vaccines that give lifetime immunity, the flu vaccine must be taken annually.

All Nunavummiut over six months of age are encouraged to get the flu and COVID-19 vaccine. It is important and safe to get both vaccinations because COVID-19 and the flu have similar symptoms and can increase the severity of each other.

Appointments for flu and COVID-19 vaccines can be made at community health centres or public health units.

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.
- Get vaccinated.

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