

## Public Service Announcement (PSA)

# Flu shot reminder for Nunavummiut

**December 4, 2023**

## Across Nunavut

The Department of Health reminds Nunavummiut that with the increased risk of contracting influenza, COVID-19, and other respiratory illnesses during the winter months, it is important to get your flu shot.

Because COVID-19 has symptoms very similar to the common cold or the flu, we encourage those who are eligible to get an updated COVID-19 vaccine in addition to a flu shot this winter.

Flu and COVID-19 vaccines continue to be available for all Nunavummiut aged six months and older. It is safe and recommended to receive both the flu and COVID-19 vaccine during the same appointment. For those aged 65 years or older, a separate flu vaccine with additional protection for this age group is available.

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 and use hand sanitizer where available
- Avoid touching your face.
- Throw used tissues in the trash right away.
- Keep your distance from others when out and about.
- Don't smoke indoors or around others, especially babies.
- Wearing a mask in crowded spaces will offer some protection from respiratory infections.

For the protection of yourself and the community, all health facilities continue to require clients to wear masks.

Contact your local health centre or public health unit to book an appointment. Iqaluit Public Health still offers walk-in flu and COVID-19 vaccinations every Friday from 9 a.m. to 4:30 p.m.

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