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Munarhiliqiyikkut Inuuhiriknirmullu
Department of Health and Social Services
Ministère de la Santé et des Services sociaux

September 28, 2011

PUBLIC SERVICE ANNOUNCEMENT – for community radio

Seasonal Influenza in your community

As you may have heard, flu season has started once again. The flu can affect anyone—even healthy children and adults.

If you have the flu, you might feel some of the following symptoms: fever **and** cough, runny nose, sore throat, body aches, tiredness, and not feeling like eating.

If you have the flu, make sure you drink lots of water and juice, get lots of rest and eat like normal. Fever, aches, and pains can be treated with Tylenol or Advil. To prevent spreading the flu to other people you should stay home until your symptoms go away and you are able to restart your normal activities.

The flu should be taken seriously. People need to take steps to prevent spreading the flu to those that they live, work, or visit with.

For more information on flu prevention ask your health care provider at your Public Health Unit or Community Health Center.