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

_____, 2009 (date)

PUBLIC SERVICE ANNOUNCEMENT -- for community radio

H1N1 & Seasonal Flu

It's flu season and the H1N1flu virus is different — it affects healthy children and adults.

Last spring 6 out of 10 people who had the H1N1 flu virus in Nunavut were under 15 years old.

Don't risk getting the flu — Get the flu vaccines!

The flu vaccines are safe and do **NOT** have any of the live virus in them — you cannot get the flu from the flu vaccine. The vaccine is the best way to protect yourself, your family and members of your community from getting sick, being hospitalized or even dying.

This year is a different flu season in Nunavut and you can get vaccinated against both the H1N1 and seasonal flu at the same time. The vaccines are free and it is important that everyone get vaccinated to protect Nunavummiut.

Special flu vaccine teams will be traveling to communities and holding large flu vaccine clinics in locations outside of the health centres in order to vaccinate every person, in every community.

There will be large community flu vaccination clinics in _____ (hamlet) this year. This is the best way to vaccinate the whole community so that everyone can come together in one place on certain days and get their shots at the same time.

In _____ (hamlet) we are having our flu vaccination clinic at the
 at the _____ (location)
 on _____ (dates)
 at _____ (times)

AND

at the _____ (location)

on _____ (dates)

at _____ (times)

AND

at the _____ (location)

on _____ (dates)

at _____ (times)

(this can be information that you are planning a community feast flu clinic or that there are children's activities etc...or other details)

JUST A REMINDER...

If you are pregnant or have a chronic disease you can develop serious complications from the H1N1 flu virus. Therefore you should CALL your health centre immediately if you have a fever **and** cough and possibly a runny nose, sore throat, body aches, feeling tired, not feeling like eating, feeling sick to your stomach, throwing up or diarrhea.

For everyone else: If you are sick stay at home and try to stay away from others in the house; drink lots of water and juice: get lots of rest, eat healthy foods, and take Tylenol or Advil to treat fever, aches, and pains. Be sure to do your visiting by phone. If you get sicker or have questions CALL your health centre at _____. (telephone number)

By taking a few simple steps you can keep healthy and help stop the spread of the flu:

- Get your flu H1N1 and seasonal flu shots
- Wash your hands often – in warm, soapy water or use hand sanitizer
- Cough and sneeze in your sleeve – not your hands
- Stay in your house if you experience any flu symptoms, and if you think you are getting worse, CALL your community health centre
- Clean surfaces often – like door handles, kitchen and bathroom counters, and telephone mouthpiece etc.

Flu should be taken seriously. People need to take the same steps to stop the spread of the flu, no matter where they live, work or visit.

For more information on flu prevention visit www.fluNU.ca or call your local health centre.
