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

September 29, 2010

PUBLIC SERVICE ANNOUNCEMENT – for community radio

Seasonal Flu

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, not feeling like eating, feeling sick to your stomach, throwing up, or diarrhea.

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. You should stay home to prevent spreading the flu to other people and to make sure you get enough rest. Do your visiting by phone.

To stop the spread of flu:

- Get your flu shot from your local health centre
- Wash your hands often in warm, soapy water, or use hand sanitizer
- Cough and sneeze into your arm
- Stay at home if you have any symptoms of the flu, and if you think you are getting worse, **call** your local health centre.

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

For more information on flu prevention, visit
www.fightflu.ca or www.fluNU.ca
or call 1-800-454-8302
TTY 1-800-465-7735