

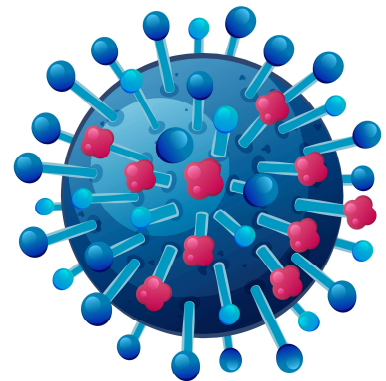


February 16, 2024  
For Immediate Release

## Protect yourself and others from influenza

Public Health officials with the Nunatsiavut Department of Health and Social Development are advising residents of the five Labrador Inuit communities of Nain, Hopedale, Postville, Makkovik and Rigolet to take measures to protect themselves and others from influenza and other respiratory illnesses.

Commonly known as “the flu”, influenza is a contagious respiratory condition that spreads quickly from person to person. Sneezing, coughing or even talking releases droplets into the air can infect others. **Symptoms develop quickly**, are far more serious than the common cold and **include headache, chills and a dry cough followed by body aches and fever**. Some people may carry the virus without getting sick themselves, but they can still pass it on to others who can get seriously ill.



1. **Annual vaccination** is the most effective way to protect yourself against flu and serious complications. The vaccine is available to individuals over the age of six months. Please contact Public Health to book an appointment, or for more information.
2. **Wash your hands** with soap and running water regularly and dry them thoroughly with a single-use towel, or use hand sanitizer if you are unable to access soap and water.
3. **Avoid touching your eyes, nose and mouth.**
4. **Avoid being around sick people.**
5. **Maintain physical distancing.**
6. **Wear a mask.**
7. **Stay home and isolate** if you have the flu, being around others puts them at risk, especially those with chronic underlying medical conditions. Quickly isolating yourself can prevent the spread of flu and save lives.