



FOR IMMEDIATE RELEASE

FREE VACCINATION AGAINST SEASONAL INFLUENZA FOR THE ENTIRE NUNAVIK POPULATION

Protect yourself against the flu; get vaccinated!

Kuujuuaq, October 31, 2013 – The Department of Public Health of the Nunavik Regional Board of Health and Social Services (NRBHSS) wishes to announce that the vaccination campaign against seasonal flu (influenza) will begin on November 1 and will continue up to the end of the flu season. As is the case every year, vaccination is offered free of charge to the entire Nunavik population.

Influenza is a serious infection of the respiratory tract caused by a virus. The virus circulates primarily from December to April and can be very contagious. Influenza can hit hard even if you are in good health. Its symptoms include fever, fatigue, muscle pain, coughing and headaches. Influenza can cause serious complications among those most vulnerable, such as children under the age of six months, who cannot be vaccinated.

Vaccination is the best means for protecting yourself and your loved ones against influenza and its complications. It reaches maximum effectiveness roughly two weeks after administration of the vaccine and protection lasts from 6 to 12 months. It is also the best way to avoid spreading influenza to the individuals most at risk.

Needleless Vaccine for Ages 2 to 17 Years

Since last year, a influenza vaccine is available for young persons aged 2 to 17 years in Nunavik: Flumist, a vaccine designed to be sprayed into the nostrils. No needle is used. The young person receives a dose of spray in each nostril, and vaccination is done. He or she will be well protected.

In Nunavik, vaccination is offered to the entire population aged six months or more, regardless of gender or medical condition. However, certain groups are at higher risk of catching influenza or spreading it. If you are among one of the groups listed below, it is highly recommended that you get vaccinated:

Individuals at high risk of complications:

- persons aged 60 years or more;
- children in good health aged 6 to 23 months;
- persons aged six months or more suffering from a chronic disease;
- residents of extended-care centres (elders' centres);
- pregnant women starting at 13 weeks of pregnancy.

Individuals at high risk of spreading influenza:

- health workers (employees of the health centres, CLSCs, residential centres, as well as first responders);
- persons living with one or more persons at high risk of complications;
- workers of the day-cares and the education sector;
- workers of essential services (police, pilots, flight attendants).

To receive your influenza vaccine, consult your CLSC for the vaccination schedule.

For further information, please do not hesitate to consult a health professional at your CLSC.

Nunavik Villages and CLSC Telephone Numbers

Akulivik	819 496-9090
Aupaluk	819 491-9090
Inukjuak	819 254-9090
Ivujivik	819 922-9090
Kangiqsualujjuaq	819 337-9090
Kangiqsujuaq	819 338-9090
Kangirsuk	819 935-9090
Kuujjuaq	819 964-2905
Kuujjuaraapik	819 929-9090
Puvirnituaq	819 988-2957
Quaqtaq	819 492-9090
Salluit	819 255-9090
Tasiujaq	819 633-9090
Umiujaq	819 331-9090

Web Sites:

<http://infogrippe.gouv.qc.ca/?lg=en-CA>

http://www.msss.gouv.qc.ca/sujets/prob_sante/influenza/index.php?accueil_en&PHPSESSID=88643867145ec3e1c38332168ab3b329

*The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. It is responsible for nearly the entire Québec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

Source: Nunavik Regional Board of Health and Social Services

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This communiqué is also posted on our Web site at www.rrsss17.gouv.qc.ca.