

FOR IMMEDIATE DISTRIBUTION

VACCINATION AGAINST SEASONAL FLU

Kuujuuaq, November 1, 2021 – The Department of Public Health of the Nunavik Regional Board of Health and Social Services (NRBHSS) announces that the vaccine against seasonal flu is available and offered free of charge to all Nunavik residents.

It's important to protect against severe influenza by getting vaccinated, because the measures taken to fight COVID stopped a lot of other respiratory viruses from circulating and now that things have opened back up, these viruses are circulating again. Our bodies are no longer used to viruses that were avoided during the pandemic and we can react strongly to them and become sicker than usual.

Vaccination against seasonal flu will help to prevent complications, hospitalization and death among individuals whose state of health is vulnerable. The vaccination campaign will begin on November 1 and will continue until the end of the flu season.

Often mistaken for a cold, the influenza virus is a highly contagious infection that affects the respiratory tracts. It spreads when an infected person sneezes, coughs or speaks in close proximity to others. The virus also spreads through various contaminated surfaces and objects such as door knobs and toys.

Everyone from the age of six months and up is invited to receive the flu vaccine. The influenza virus can cause serious complications among the most vulnerable:

- those aged 60 years and older;
- children aged 6 months to 23 months;
- pregnant women in their second and third trimesters;
- those suffering from chronic diseases such as respiratory problems, diabetes and cardiac problems;
- residents of extended-care centres (e.g. Elders Home).

By protecting yourself against the flu, you are also protecting those around you. The vaccine against the influenza virus reaches peak effectiveness two weeks after receiving it and it can protect for up to 12 months.

Flumist®, the flu vaccine administered without a needle is offered to youth aged 2 to 17 years. It is administered painlessly by spraying in each nostril.

It is recommended that everyone at risk of spreading the flu get vaccinated.

- employees of the health centres, CLSCs and residences and first responders
- workers in daycares and schools
- essential service providers (e.g. police officers, pilots and flight attendants)

The COVID-19 vaccine does not protect against influenza and the influenza vaccine does not protect against COVID-19. These are two different viruses with a different vaccine for each. Put the best chances on your side, protect yourself against COVID-19 and influenza by vaccinating against both. The two shots can be given during the same appointment.

Please contact your CLSC/Nursing Station for the vaccination schedule and more information.

List of telephone numbers of Nunavik CLSC/Nursing Stations

| Ungava Bay | Hudson Coast |
|-------------------------------|-----------------------------|
| Kuujuaq: 819-964-2905 | Kuujuaaraapik: 819-929-9090 |
| Tasiujaq: 819-633-9090 | Umiujaq: 819-331-9090 |
| Aupaluk: 819-491-9090 | Inukjuak: 819-254-9090 |
| Kangirsuk: 819-935-9090 | Puvirnituk: 819-988-2957 |
| Quaqtaq: 819-492-9090 | Akulivik: 819-496-9090 |
| Kangiqsujuaq: 819-338-9090 | Ivujivik: 819-922-9090 |
| Kangiqsualujuaq: 819-337-9090 | Salluit: 819-255-9090 |

The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec 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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