

For individuals aged 2 to 17 years: a vaccine without needles

An influenza vaccine is available for young persons of Nunavik aged 2 to 17 years: Flumist, a vaccine that is sprayed into the nose. No needle is used. The youth receives a spray in each nostril and the process is complete. He or she is then adequately protected.

Individuals at high risk of spreading influenza: don't spread, get vaccinated!

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

To receive the 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
Puvirnituq	819 988-2957

Quaqtaq	819 492-9090
Salluit	819 255-9090
Tasiujaq	819 633-9090
Umiujaq	819 331-9090

*The NRBHSS is a public agency created in 1995 as per 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.*

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Source: Nunavik Regional Board of Health and Social Services
Department of Public Health

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