

NEWS RELEASE

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VACCINATION AGAINST SEASONAL FLU IN NUNAVIK

Kuujuuaq, October 7, 2022 – The Public Health department of the Nunavik Regional Board of Health and Social Services (NRBHSS) would like to inform everyone that vaccination against seasonal flu is available and provided free of charge for all Nunavik residents. The immunization campaign will launch on October 7th and will last until the end of the flu season.

Influenza (flu) is a highly contagious infection of the respiratory tract. It spreads when an infected person sneezes, coughs or shares space in close proximity to others. The virus can also spread via contaminated surfaces such as doorknobs and toys. Influenza can result in serious complications, hospitalization and in some instances death.

Vaccination is an effective way to protect against severe forms of influenza. The vaccine creates an immune response in the body and does not cause the disease. It enables the production of antibodies that fight the virus, reaches optimal effectiveness two weeks after administration and protection can last up to 12 months.

Everyone aged six months and older are encouraged to receive the flu vaccine and it protects the vulnerable against serious complications, including:

- Elderly aged 60 and over
- Children aged 6 months to 23 months
- Pregnant women, during the second and third trimesters
- People with certain chronic diseases such as respiratory disorders, diabetes or cardiac disease
- Residents of long-term care centres

The NRBHSS also recommends that everyone at risk of transmitting the flu get vaccinated:

- all healthcare workers
- those working in early-childhood centres and academic institutions
- those providing essential services (police, pilots, flight attendants)

By protecting yourself against the flu, you also help protect those around you.

Contact your CLSC/Nursing Station for the vaccination schedule or for more information.

Ungava Bay	Hudson Bay
Kuujuuaq: 819-964-2905	Kuujuaraapik: 819-929-9090
Tasiujaq: 819-633-9090	Umiujaq: 819-331-9090
Aupaluk: 819-491-9090	Inukjuak: 819-254-9090
Kangirsuk: 819- 935-9090	Puvirnituq: 819-988-2957
Quaqtaq: 819-492-9090	Akulivik: 819-496-9090

Kangiqsujuaq: 819-338-9090 Kangiqsualujjuaq: 819-337-9090	Ivujivik: 819-922-9090 Salluit: 819-255-9090
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The Nunavik Regional Board of Health and Social Services 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.

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Source: Nunavik Regional Board of Health and Social Services

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